



# WCOOK

## Basted Beef & Chakalaka

with garlic bread

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	466kj	3698kj
Energy	111kcal	885kcal
Protein	7.4g	58.5g
Carbs	17g	131g
of which sugars	4.4g	35.2g
Fibre	2g	15.7g
Fat	1.5g	11.6g
of which saturated	0.3g	2.5g
Sodium	189mg	1497mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Hot

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Garlic Clove/s <i>peel &amp; grate</i>
1	2	Sourdough Baguette/s
1	1	Onion <i>peel &amp; roughly slice</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
10ml	20ml	Medium Curry Powder
120g	120g	Carrot <i>rinse, trim, peel &amp; grate</i>
60g	120g	Cannellini Beans <i>drain &amp; rinse</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
150g	300g	Beef Schnitzel (without crumb)
40ml	80ml	The Sauce Queen Smokey BBQ Sauce

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. GARLIC BREAD** Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add 20g [40g] of butter and heat until melted, then remove from the heat. Cut 4-5 incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic butter. Place the baguette directly onto a hot oven rack and an oven proof dish with water onto the oven floor. Bake until light brown and crispy, 12-15 minutes.

**2. CHAKALAKA** Place a pan over a medium heat with a drizzle of oil. When hot, fry the onion until soft and browning, 7-8 minutes. Add the tomato, the curry powder, and the carrot, fry until fragrant and a bit saucy, 4-5 minutes. Add 50ml [100ml] of water, the beans, and the chilli (to taste). Simmer until reduced and thickened, 8-10 minutes (shifting occasionally). Remove from the pan, add a sweetener (to taste), season, and cover to keep warm.

**3. BEEF** Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 10 seconds, baste with the BBQ sauce. Remove from the pan and season before slicing.

**4. TIME TO EAT** Dish up the chakalaka, side with the toasted bread, and the basted beef. Enjoy, Chef!

**Chef's Tip** Preheat your braai to medium-high heat (If using charcoal, wait until the coals are covered with white ash). Coat the beef with oil and season. Place the beef on the grill and cook for about 30-60 seconds per side.