



# UCCOOK

## Beef Strips & Creamy Polenta

**with Italian-style hard cheese & fresh basil**

Juicy beef strips are added to a delicious and flavourful thick tomato, red wine & garlic sauce. Once all cooked together, this lusciousness is spooned over the creamiest, cheesiest polenta base, before being sprinkled with fresh fragrant basil leaves.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Jeannette Joynt

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Fan Faves

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Creation Wines | Creation Fine Cape Vintage

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## Ingredients & Prep

300g	Free-range Beef Strips
20ml	NOMU Italian Rub
1	Onion <i>peel &amp; roughly dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
60ml	Red Wine
10ml	Beef Stock
200ml	Tomato Passata
200ml	Polenta
60ml	Grated Italian-style Hard Cheese
60ml	Crème Fraîche
5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter  
Paper Towel

**1. SEARED BEEF** Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, sear the beef strips until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. In the final 30 seconds, baste with a knob of butter and ½ the NOMU rub. Remove from the pan, reserving any pan juices, and season.

**2. START THE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-6 minutes (shifting occasionally). Add the grated garlic and the remaining NOMU rub and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost evaporated, 1-3 minutes. Add the beef stock, 300ml of boiling water, and the tomato passata. Simmer until slightly thickened, 10-12 minutes (stirring occasionally). In the final 2-3 minutes, add the browned beef strips, a sweetener (to taste), and seasoning.

**3. CREAMY POLENTA** Bring a pot with 800ml of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the grated cheese, the crème fraîche, and seasoning. Loosen with a splash of warm water if necessary.

**4. STEAMY DREAMY DINNER!** Bowl up a generous helping of the creamy polenta and spoon over the saucy beef. Sprinkle over the torn basil. Dig in, Chef!



## Chef's Tip

When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

## Nutritional Information

Per 100g

Energy	592kj
Energy	142kcal
Protein	9.4g
Carbs	15g
of which sugars	2.4g
Fibre	1.3g
Fat	3.7g
of which saturated	1.8g
Sodium	91mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
4 Days