



UCCOOK

Curried Beef & Silky Potato Mash

with peas & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	361kj	2055kj
Energy	86kcal	492kcal
Protein	8.1g	46g
Carbs	11g	63g
of which sugars	2.1g	11.7g
Fibre	2.4g	13.7g
Fat	1g	5.6g
of which saturated	0.3g	1.6g
Sodium	47mg	270mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
150g	300g	Beef Strips
1	1	Onion <i>peel & roughly slice</i>
20ml	40ml	Curry Powder
7.5ml	15ml	Worcestershire Sauce
1	100g	Peas <i>50g</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

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

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SEAR THE STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 1-2 minutes, add the curry powder, worcestershire sauce, and fry until fragrant. Mix in 100ml [\[200ml\]](#) of water and the peas. Simmer until the peas are warmed through, 2-4 minutes. Add the beef strips, seasoning, and remove from the heat.

4. TIME TO INDULGE Dish up the mash, side with the curried beef, and garnish with the parsley. Cheers, Chef!

Chef's Tip

Caramelised onions reach their full silky potential when cooked slowly. If you have the time, fry yours over a low heat and add on an extra 10-15 minutes of cooking time.