

UCCOOK

Cranberry Balsamic Beef

with butter bean mash

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	595kJ	2357kJ
Energy	142kcal	564kcal
Protein	10.2g	40.3g
Carbs	14g	55g
of which sugars	5.3g	20.8g
Fibre	2.8g	11.1g
Fat	2.6g	10.4g
of which saturated	0.9g	3.4g
Sodium	134mg	532mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin matchsticks</i>
120g	240g	Butter Beans <i>drain & rinse</i>
150g	300g	Beef Rump Strips
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Rosemary & 3g [5g] Fresh Thyme)</i>
2,5ml	5ml	Beef Stock
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Sweet Balsamic Reduction <i>(5ml [10ml] Balsamic Reduction & 10ml [20ml] Honey)</i>
20g	40g	Dried Cranberries <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Blender
Milk (optional)
Butter (optional)
Paper Towel

1. GET THE GREENS In a salad bowl, combine the leaves with the cucumber and a drizzle of olive oil. Season and set aside.

2. BEAN THERE, MADE THAT Place a pot over medium-high heat with the beans and 40ml [80ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

3. BROWNED BEEF Boil the kettle. Pat the beef strips dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the strips until browned but not cooked through, 30-60 seconds. Season and set aside in a bowl.

4. SWEET BALSAMIC STOCK Rinse, pick and roughly chop the mixed herbs. Set aside. Dilute the stock with 50ml [100ml] of boiling water. Place a pan over the heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add the diluted stock, the sweet balsamic, the cranberries and the mixed herbs. Simmer until slightly reduced and thickening, 8-10 minutes (shifting occasionally). Remove from the heat, season and set aside.

5. STUNNING Plate up the butter bean mash and top with the browned beef. Drizzle over the sweet sauce and serve the dressed salad on the side.