



# UCCOOK

## Coriander Chutney & Beef Rump Stew

with roasted butternut

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 371kj    | 3143kj      |
| Energy             | 89kcal   | 752kcal     |
| Protein            | 5.3g     | 45g         |
| Carbs              | 10g      | 86g         |
| of which sugars    | 4.9g     | 41.5g       |
| Fibre              | 1.8g     | 15.5g       |
| Fat                | 1.5g     | 12.6g       |
| of which saturated | 0.4g     | 3.7g        |
| Sodium             | 98mg     | 831mg       |

**Allergens:** Sulphites, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 |       | [Serves 2]                                                                          |
|----------|-------|-------------------------------------------------------------------------------------|
| 120g     | 240g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>                 |
| 250g     | 500g  | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 10ml     | 20ml  | NOMU Garam Masala Rub                                                               |
| 160g     | 320g  | Beef Rump                                                                           |
| 30ml     | 60ml  | Mrs Balls Chutney                                                                   |
| 3g       | 5g    | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                            |
| 1        | 1     | Onion<br><i>peel &amp; roughly dice ½ [1]</i>                                       |
| 1        | 2     | Garlic Clove/s<br><i>peel &amp; grate</i>                                           |
| 1        | 1     | Fresh Chilli<br><i>rinse, trim, deseed &amp; roughly chop</i>                       |
| 100ml    | 200ml | Tomato Passata                                                                      |
| 5ml      | 10ml  | Vegetable Stock                                                                     |

## From Your Kitchen

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

**1. ROASTED VEG** Preheat the oven to 200°C. Boil the kettle. Spread the carrot and butternut on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SEARED SIRLOIN** Place a pan over high heat with a drizzle of oil. Pat the steak dry with paper towel and cut into bite-sized chunks. When hot, fry the steak until browned all over but not cooked through, 2-4 minutes (shifting occasionally). Remove from the pan, season and set aside.

**3. CORIANDER CHUTNEY** In a small bowl, combine the chutney, ½ the coriander, and seasoning. Set aside.

**4. CURRY MOMENT** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub, garlic, ½ the chilli (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the stock, and 100ml [200ml] of boiling water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 2-3 minutes, add the beef chunks, a sweetener (to taste) and seasoning.

**5. STEW IS SERVED!** Make a bed of the roasted veggies and spoon over the beef curry. Dollop over the coriander chutney and sprinkle over the remaining chilli (to taste) and coriander. Well done, Chef!