



# UCCOOK

## Potatoes, Beef Strips & Onion Gravy

with **NOMU Oriental Rub**

All aboard the gravy train, Chef! You will be making this dreamy, delicious sauce with caramelised onion, worcestershire sauce, & good old butter. This will be poured over browned beef strips, and served with NOMU Oriental Rub-spiced potatoes, plus a fresh, green salad.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

400g	Potato <i>rinse &amp; cut into bite-sized pieces</i>
10ml	NOMU Oriental Rub
1	Onion <i>peel &amp; finely slice</i>
10ml	Cornflour
10ml	Worcestershire Sauce
20ml	Lemon Juice
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; roughly slice</i>
300g	Beef Strips

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. ROAST** Preheat the oven to 200°C. Spread the potato chunks on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally).

**3. SOME PREP** In a small bowl, combine the cornflour, the worcestershire sauce, and 100ml of water. In a salad bowl, combine the lemon juice (to taste), and a drizzle of olive oil. Add the shredded leaves, the cucumber, and season.

**4. GRAVY** When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 3-4 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and cover to keep warm.

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

**6. DINNER IS READY** Make a bed of the roast, top with the beef strips, and drizzle over the gravy. Serve the salad on the side. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	313kj
Energy	75kcal
Protein	7.3g
Carbs	9g
of which sugars	1.7g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	65mg

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
3 Days