



UCOOK

BBQ Beef & Brown Onion Sauce

with roasted butternut chunks

It's all about the sauce in this recipe, Chef! A homemade brown onion sauce, deeply rich and decadent, is spooned over a pan-seared beef schnitzel that's been butter-basted and spiced with BBQ NOMU Rub. Sided with butternut chunks and garnished with fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

Simple & Save

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice</i>
5ml	Cornflour
5ml	Worcestershire Sauce
150g	Beef Schnitzel (without crumb)
5ml	NOMU BBQ Rub
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GO FOR GOLDEN Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 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 50ml of water.

4. BROWN ONION SAUCE When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 4-5 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick.

5. SIZZLING SCHNITZEL Place a clean pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

6. TIME TO EAT Plate up the roasted butternut, side with the schnitzel, and add the brown onion sauce over the schnitzel. Sprinkle over the chopped parsley. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the butternut 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	8g
of which sugars	2.3g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	74mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days