



UCCOOK

Coriander Chutney & Beef Rump Stew

with roasted butternut

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Martin Melck
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 <i>rinse, trim, peel & cut into bite-sized pieces</i>
250g	500g	Butternut <i>rinse, deseed, peel (optional) & 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 <i>rinse, pick & roughly chop</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & 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!