



UCOOK

Cheesy Beef & Pumpkin Bake

with charred peppers & a creamy bechamel

A dish that defines 'layers of flavour', Chef! Oven-roasted pumpkin, caramelised beef mince, charred bell peppers, & silky onion are coated in a special UCOOK spiced stock and cooked with tangy chopped tomatoes. The flavoursome mince mix is layered with homemade bechamel, then baked until the cheesy top is a golden crispiness.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

 Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
5g	Pumpkin Seeds
1	Onion <i>peel & roughly dice ½</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peel & grate</i>
21ml	Spiced Stock <i>(1 Bay Leaf, 10ml NOMU One For All Rub, 5ml Smoked Paprika & 5ml Chicken Stock)</i>
100g	Cooked Chopped Tomato
40ml	Cake Flour
125ml	Low Fat Fresh Milk
40g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. PRETTY PUMPKIN Preheat the oven to 200°C. Spread the pumpkin pieces in an oven-proof dish (deep enough for the bake). Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. LAYERS OF FLAVOUR Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the pepper pieces until the onions are golden and the peppers are charred, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the grated garlic and the spiced stock. Fry until fragrant, 1-2 minutes. Add the cooked chopped tomato and 100ml of water. Simmer until slightly reduced, 10-12 minutes. At the halfway mark, add a sweetener (to taste) and season. Remove the bay leaf.

4. BEGIN THE BECHAMEL Place a pan over medium heat with 40g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Remove from the heat and season.

5. MMMELTED CHEESE When the pumpkin is done, top with the saucy beef and a layer of the bechamel. Cover with cheese and return to the oven to bake until the cheese has melted, 10-12 minutes.

6. GREAT BAKE! Dish up a heaping helping of the cheesy beef bake and scatter over the toasted seeds. Enjoy!

Nutritional Information

Per 100g

Energy	381kj
Energy	91kcal
Protein	5.1g
Carbs	8g
of which sugars	3g
Fibre	1.6g
Fat	4.5g
of which saturated	2g
Sodium	131mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days