



UCOOK

Malay-style Beef Sirloin Stew

with roasted aubergine & coriander chutney

Aubergine and butternut are roasted until golden and crisp, before being smothered in a fragrant beef sirloin stew packed with tomato, chilli and spices. It is finished off with a sweet coriander chutney for some sweetness and fresh chilli for some kick!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into small bite-sized chunks</i>
250g	Butternut <i>peeled (optional), deseeded & cut into small bite-sized chunks</i>
10ml	NOMU Indian Rub
160g	Free-range Beef Sirloin <i>pat dry & cut into bite-sized chunks</i>
30ml	Mrs Balls Chutney
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
100ml	Tomato Passata
5ml	Vegetable Stock

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Boil the kettle. Spread out the aubergine and butternut chunks on a roasting tray, coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. SIRLOIN & CHUTNEY Place a pan over a high heat with a drizzle of oil. When hot, add the sirloin chunks and sear for 2-4 minutes, until browned all over but not cooked through, shifting occasionally. Remove from the pan and season to taste. Set aside. In a small bowl, combine the chutney, ½ the chopped coriander, and seasoning.

3. CURRY MOMENT Return the pan to a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the remaining rub, the grated garlic, and ½ the chopped chilli (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Add the tomato passata, the stock, and 100ml of boiling water. Reduce the heat and leave to simmer for 10-12 minutes until reduced and thickened, stirring occasionally. In the final 2-3 minutes, add the seared sirloin chunks. Season with a sweetener of choice (to taste), salt, and pepper.

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

Nutritional Information

Per 100g

Energy	337kJ
Energy	81Kcal
Protein	5g
Carbs	9g
of which sugars	4.6g
Fibre	2g
Fat	1.1g
of which saturated	0.3g
Sodium	153mg

Allergens

Allium, Sulphites

Cook
within
4 Days