



UCOOK

Broccoli & Beef Bake

with cheddar cheese & borlotti beans

Fried onions & carrots, browned beef mince, and rich borlotti beans come together in a smothering of tangy tomato passata sauce as this dish's foundation. This is topped with charred broccoli and perfected with a scattering of melted cheddar cheese as the top. You'll hear no complaints around the table tonight, Chef!


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jewell Willemborg

 Carb Conscious

 Strandveld | First Sighting Shiraz

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

Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>trimmed, peeled & finely diced</i>
150g	Free-range Beef Mince
5ml	NOMU Italian Rub
100ml	Tomato Passata
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
60g	Borlotti Beans <i>drained & rinsed</i>
60g	Grated Cheddar Cheese
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LOADED MINCE Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot until golden, 4-5 minutes (shifting occasionally). Add the mince and NOMU rub. Work quickly to break it up as it starts to cook and fry until browned, 3-4 minutes (shifting occasionally).

2. TOMATO SAUCE Once the mince is brown, pour in the tomato passata and 100ml of water. Reduce the heat and simmer until reduced and thickening, 12-15 minutes (shifting occasionally).

3. CHARRED BROCCOLI Place a clean pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until charred but still crunchy, 5-6 minutes (shifting occasionally). Remove from the pan, season and set aside.

4. BAKE IT UNTIL YOU MAKE IT Once thickened, mix the drained beans through the sauce, season and add a sweetener. Pour the mixture into a small oven-proof dish and top evenly with the charred broccoli pieces. Sprinkle over the grated cheese and put into the oven until the cheese is melted and golden, 5-6 minutes.

5. GRAB A SERVING Plate up a generous helping of the cheesy broccoli & mince bake and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	512kJ
Energy	122kcal
Protein	7.4g
Carbs	7g
of which sugars	2.8g
Fibre	2g
Fat	7g
of which saturated	3.1g
Sodium	160mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days