



UCCOOK

White Bean & Tomato Beef

with toasted ciabatta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	430kj	2445kj
Energy	103kcal	585kcal
Protein	8.7g	49.4g
Carbs	13g	74g
of which sugars	2.2g	12.6g
Fibre	1.8g	10g
Fat	1.3g	7.6g
of which saturated	0.3g	1.4g
Sodium	184mg	1044mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Schnitzel (without crumb)
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30ml	40ml	NOMU One For All Rub
3	4	Tomatoes <i>rinse & roughly dice</i>
180g	240g	Butter Beans <i>drain & rinse</i>
3	4	Ciabatta Rolls
8g	10g	Fresh Parsley

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. BEEF Place a 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. Remove from the pan, season, and cut into bite-sized pieces. You may need to do this step in batches.

2. SAUCY MOMENT Return the pan to medium-high heat with a knob of butter. Fry the onions until soft and lightly golden, 4-5 minutes. Add the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomatoes and fry until fragrant, breaking them up with a wooden spoon, 3-4 minutes. Add 300ml [400ml] of water and the beans. Simmer until slightly thickening, 7-8 minutes. Remove from the heat, mix in the beef pieces, a sweetener (to taste), and seasoning.

3. TOAST Slice the ciabatta rolls into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

4. TIME TO EAT Dish up the loaded beef, and garnish with the parsley. Side with the ciabatta slices, and enjoy, Chef.