



# UCCOOK

## Rustic Beef, Olives & Grilled Polenta

with crispy chickpeas

**Hands-on Time:** 50 minutes

**Overall Time:** 65 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | The Tin Mine Red

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 497kJ    | 4237kJ      |
| Energy             | 119kcal  | 1013kcal    |
| Protein            | 7g       | 59.8g       |
| Carbs              | 14g      | 117g        |
| of which sugars    | 2.5g     | 21.5g       |
| Fibre              | 2.2g     | 18.7g       |
| Fat                | 3.8g     | 32.4g       |
| of which saturated | 1.8g     | 15g         |
| Sodium             | 104mg    | 888mg       |

**Allergens:** Sulphites, Egg, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                            |
|----------|------------|------------------------------------------------------------|
| 300ml    | 400ml      | Polenta                                                    |
| 90ml     | 125ml      | Grated Italian-style Hard Cheese                           |
| 150ml    | 200ml      | Crème Fraîche                                              |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>                      |
| 450g     | 600g       | Beef Schnitzel (without crumb)                             |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>           |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                   |
| 30ml     | 40ml       | NOMU Italian Rub                                           |
| 300ml    | 400ml      | Tomato Passata                                             |
| 90g      | 120g       | Pitted Kalamata Olives<br><i>drain &amp; cut into half</i> |
| 1        | 1          | Lemon<br><i>rinse &amp; cut into wedges</i>                |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>     |

## From Your Kitchen

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

**1. POLENTA BASE** Boil the kettle. Prepare a flat dish lined with cling wrap or baking paper. Place a pot over high heat with 750ml [1L] of boiling water and ½ tsp of salt. Once boiling, slowly whisk in the polenta until there are no lumps, loosening with more boiling water if it's too thick. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Use a spoon when it gets too thick to whisk. Remove the pot from the heat and stir through a knob of butter, grated cheese, and crème fraîche. Immediately pour into the lined dish and spread out evenly in a single layer, 2cm thick. Gently press down with a spoon to ensure it's compressed. Pop in the fridge to cool for at least 20-25 minutes.

**2. CRISPY CHICKPEAS** Place the pan over medium heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**3. BEEF** Return the pan, wiped down, to high heat with a drizzle of oil and a knob of butter. Pat the schnitzel dry with paper towel, cut into strips, and season. Sear the strips until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan.

**4. OLIVE TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 6-8 minutes. Add the garlic, NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 450ml [600ml] of water. Simmer until thickened, 12-15 minutes. In the final 2-3 minutes, mix in the beef strips, a sweetener (to taste), and seasoning. Remove from the heat and mix in the olives.

**5. GRILLED POLENTA** Once the polenta is firm, cut it into squares or rounds. Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the polenta until golden and crisp, 3-4 minutes per side (avoid moving them too soon so they don't stick). You may need to do this step in batches. Remove from the heat

**6. DINNER IS READY** Dish up the polenta, side with the saucy beef, and scatter over the crispy chickpeas. Garnish with a sprinkle of parsley, squeeze over the lemon juice (to taste), and enjoy, Chef!

**Chef's Tip** For the best texture, do step one the night before, it firms up the polenta beautifully and makes slicing and grilling much easier.