



UCOOK

Cheesy Beef Strips & Mushroom Sliders

with a cucumber salad

Stretch out the deliciousness by swapping out one larger serving for three mini versions, Chef! Experience the excitement every time you bite into the next sesame seed-covered slider, brimming with a cheesy mushroom & beef bechamel sauce, served with a zesty green side salad.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

150g	Free-range Beef Strips
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly slice</i>
5ml	Cake Flour
50ml	Low Fat UHT Milk
30g	Cheddar Cheese <i>grate</i>
3	Slider Buns
10ml	Lemon Juice
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

2. MUSHROOMS & ONION Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the sliced mushrooms and the onion until golden, 5-6 minutes. Remove from the heat and season.

3. CHEESE MOMENT Place a pan over medium heat with 10g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 30-60 seconds, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add a splash of water and mix in the grated cheese, the beef strips, and the loaded mushrooms. Remove from the heat.

4. BUNS Halve the slider buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

5. SOME FRESHNESS In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the shredded salad leaves, and the cucumber half-moons. Toss to combine and season.

6. TIME TO EAT Top the bottom buns with the loaded creamy beef strips and the top toasted buns halves. Side with the fresh lemony salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	9g
Carbs	13g
of which sugars	3.7g
Fibre	1g
Fat	4.4g
of which saturated	1.5g
Sodium	109mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy,
Cow's Milk

Eat
Within
3 Days