



# UCCOOK

## Beef Strips & Caramelised Onion

with carrot mash & fresh salad leaves

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Piekenierskloof | Grenache Noir 2023

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 270kJ    | 1522kJ      |
| Energy             | 65kcal   | 364kcal     |
| Protein            | 7g       | 39.6g       |
| Carbs              | 7g       | 39g         |
| of which sugars    | 3.3g     | 18.8g       |
| Fibre              | 1.7g     | 9.4g        |
| Fat                | 0.7g     | 4g          |
| of which saturated | 0.3g     | 1.4g        |
| Sodium             | 65mg     | 368mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 240g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice ½ [1]</i>                      |
| 150g     | 300g       | Beef Schnitzel (without crumb)                                      |
| 5ml      | 10ml       | NOMU BBQ Rub  |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                    |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Butter

Milk (optional)

Paper Towel

Seasoning (salt & pepper)

**1. MAKE THE MASH** Place the carrot in a pot of salted water. Bring to a boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. SIZZLE THE BEEF** When the carrot has 5-8 minutes remaining, return the pan to high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel, cut into 1cm strips, and coat with the NOMU rub. Sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

**4. GET THE GREENS** In a salad bowl, combine the salad leaves, a drizzle of olive oil, and seasoning.

**5. A PERFECT PLATE** Plate up the carrot mash. Side with the beef strips doused in the caramelised onion. Serve the dressed leaves on the side.