



UCOOK

Hearty Beef Sweet Potato Bake

with cabbage & crème fraîche

It's the roast with the most, Chef! A mouthwatering medley of sweet potato, cabbage & onion are oven-roasted until golden perfection. Add beef strips coated in The Sauce Queen Smokey BBQ Sauce, melted cheese, & spicy jalapeños, and you've got a mountain of flavour on your plate. Garnished with fresh parsley.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Cathedral Cellar Wines | Cathedral Cellar-Cabernet Sauvignon

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into 1cm thick rounds</i>
100g	Cabbage <i>rinse & cut into big chunks</i>
1	Onion <i>peel & cut into thick wedges</i>
5ml	NOMU Spanish Rub
150g	Beef Schnitzel (without crumb)
30ml	The Sauce Queen Smokey BBQ Sauce
50g	Grated Cheddar Cheese
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
40ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato pieces, the cabbage chunks, and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BEEF Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the schnitzel dry with paper towel and cut into 1cm strips. When hot, sear the beef strips until browned, 20-30 seconds (shifting occasionally). Mix in the BBQ sauce, season, and remove from the pan.

3. CHEESY MOMENT When the roast has 5-8 minutes to go, mix in the BBQ beef strips, and sprinkle over the grated cheese. Roast for the remaining time until the cheese is melted.

4. TIME TO EAT Dish up the loaded roast, sprinkle over the chopped jalapeños, dollop over the crème fraîche, and garnish with the chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	490kj
Energy	117kcal
Protein	7.2g
Carbs	9g
of which sugars	4.7g
Fibre	1.4g
Fat	4.9g
of which saturated	2.7g
Sodium	149mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days