



UCCOOK

Italian-style Sauce & Beef Dinner

with millet & sunflower seeds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	535kj	2575kj
Energy	128kcal	616kcal
Protein	10.1g	48.8g
Carbs	15g	71g
of which sugars	2.5g	12.2g
Fibre	2.3g	11g
Fat	2.5g	12g
of which saturated	0.4g	1.9g
Sodium	106mg	512mg

Allergens: Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

30g	40g	Sunflower Seeds
225ml	300ml	Millet
450g	600g	Beef Strips
2	2	Onions <i>peel & roughly slice</i>
22,5ml	30ml	NOMU Cajun Rub
300ml	400ml	Tomato Passata
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. TOAST Place the sunflower seeds in a pot over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

2. MILLET Return the pot to medium heat with the millet. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 450ml [600ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

3. BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

4. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 300ml [400ml] of water. Simmer until reduced, 12-15 minutes. In the final 1 minute, add the beef strips, a sweetener (to taste), and seasoning.

5. DINNER IS READY Make a bed of the millet, top with the beef in Italian sauce, scatter over the sunflower seeds, and garnish with the parsley. Well done, Chef!