



UCOOK

Beef Strips & Cheesy Crumbed Croquettes

with a red wine sauce, roasted baby carrots & fresh rosemary

Beef rump strips are seared to absolute perfection before being served with a rich red wine sauce and the cheesiest, crispiest, most delicious croquettes known to man! This breathtaking dish is served alongside a bright baby carrot salad for some sweetness and overall balance.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Creation Wines | Creation Merlot 2020

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Ingredients & Prep

200g	Potato <i>peeled & cut into chunks</i>
120g	Baby Carrot Medley <i>rinsed & halved, keeping the stems intact</i>
20g	Salad Leaves <i>rinsed</i>
40ml	Cake Flour
50g	Grated Mozzarella & Cheddar Cheese Mix
100ml	Panko Breadcrumbs
5ml	NOMU Beef Stock
4g	Fresh Rosemary <i>rinsed</i>
50ml	Red Wine
150g	Free-range Beef Rump Strips

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Egg/s
Sugar/Sweetener/Honey

1. MASH Preheat the oven to 200°C. Place a pot of cold water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a knob of butter (optional). Season and place in the fridge for 5-10 minutes.

2. ROAST Spread out the halved baby carrots on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through. Just before serving, toss the roasted baby carrots with the rinsed salad leaves. Season to taste.

3. CROQUETTES Set aside 10ml of flour for Step 4. In a bowl, combine the cooled mashed potato, the grated cheese, and seasoning. Scoop out a heaped tbsp of mixture at a time and roll into balls to make 5-7 croquettes. In a shallow dish, whisk 1 egg. Prepare two more shallow dishes: one containing the remaining flour (seasoned lightly), and the other the breadcrumbs. Coat the croquettes in the flour, then the egg, and lastly, in the breadcrumbs. Place all the croquettes on a baking tray. Chill in the freezer for at least 5 minutes.

4. SAUCE Boil the kettle. Dilute the stock with 50ml of boiling water. Place a pan over a medium heat with a knob of butter or drizzle of oil. When hot, add the rinsed rosemary and fry for 30 seconds until fragrant, shifting constantly. Add the diluted stock, the red wine, sweeter of choice (to taste) and the reserved flour. Whisk until combined. Lower the heat and reduce for 5-7 minutes until slightly thickened, stirring occasionally. Remove from the heat, remove the rosemary stalks, and cover to keep warm. Season to taste.

5. RUMP Place a pan over a high heat. When hot, add the beef and fry for 1-2 minutes per side until browned. In the final minute, baste with a knob of butter or drizzle of oil. Rest for 2-3 minutes.

6. FRY Return the pan to a medium-high heat with 4-5cm of oil. When hot, deep fry the croquettes for 2-5 minutes, until brown, shifting as they colour. Remove from the pan and drain on paper towel.

7. DELISH! Plate the cheesy croquettes alongside the beef strips. Pour over the wine sauce and serve with the carrot salad.

Nutritional Information

Per 100g

Energy	610kJ
Energy	146kcal
Protein	8.7g
Carbs	16g
of which sugars	1.7g
Fibre	1.7g
Fat	3.6g
of which saturated	1.7g
Sodium	107mg

Allergens

Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within
4 Days