



UCCOOK

Potatoes, Beef Strips & Onion Gravy

with **NOMU Oriental Rub**

All aboard the gravy train, Chef! You will be making this dreamy, delicious sauce with caramelised onion, worcestershire sauce, & good old butter. This will be poured over browned beef strips, and served with NOMU Oriental Rub-spiced potatoes, plus a fresh, green salad.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>rinse & cut into bite-sized pieces</i>
5ml	NOMU Oriental Rub
1	Onion <i>peel & finely slice ½</i>
5ml	Cornflour
5ml	Worcestershire Sauce
10ml	Lemon Juice
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly slice</i>
150g	Beef Strips

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the potato chunks on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally).

3. SOME PREP In a small bowl, combine the cornflour, the worcestershire sauce, and 50ml of water. In a salad bowl, combine the lemon juice (to taste), and a drizzle of olive oil. Add the shredded leaves, the cucumber, and season.

4. GRAVY When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 3-4 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and cover to keep warm.

5. BEEF STRIPS Pat the beef strips dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the heat and season.

6. DINNER IS READY Make a bed of the roast, top with the beef strips, and drizzle over the gravy. Serve the salad on the side. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	313kj
Energy	75kcal
Protein	7.3g
Carbs	9g
of which sugars	1.7g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	65mg

Allergens

Allium, Sesame, Sulphites

Eat
Within
3 Days