



UCCOOK

Beef Strips & Caramelised Onion

with carrot mash & fresh salad leaves

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

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 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
450g	600g	Beef Schnitzel (without crumb)
15ml	20ml	NOMU BBQ Rub
60g	80g	Salad Leaves <i>rinse & 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, 30-35 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, 12-15 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 in small batches 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.