



# UCOOK

## BBQ Beef & Creamed Spinach

with roasted gem squash

A great creamed spinach balances the creaminess with the earthiness to ensure this classic side dish isn't a stodgy eating experience. Our on-point UCOOK version features garlicky onions, crème fraîche, and perfectly wilted spinach. Savour with NOMU BBQ Rub-spiced beef strips, buttery gem squash & sunflower seeds for crunch.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Carb Conscious

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 Painted Wolf Wines | The Den Shiraz 2021

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## Ingredients & Prep

1	Gem Squash <i>rinse, halve &amp; deseed</i>
10g	Sunflower Seeds
75g	Spinach <i>rinse &amp; roughly shred</i>
1	Onion <i>peel &amp; finely dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
40ml	Crème Fraîche
150g	Free-range Beef Rump Strips
5ml	NOMU BBQ Rub

## From Your Kitchen

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

**1. WHAT A GEM** Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

**2. THAT TOASTY TASTE** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SAUTÉ AWAY** Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the shredded spinach until wilted, 2-3 minutes. Remove from the pan and season.

**4. RAISE THE SPINACH STANDARD** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Return the sautéed spinach to the pan along with the crème fraîche and 100ml of warm water. Reduce the heat and simmer until starting to thicken, 5-6 minutes. Loosen with a splash of water if too thick. Remove and season.

**5. BASTE THE BEEF** Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

**6. HOPE YOU'RE HUNGRY!** Plate up the creamy spinach alongside the BBQ-basted beef. Serve with the roasted gem squash and garnish with the sunflower seeds. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	7.1g
Carbs	4g
of which sugars	1.3g
Fibre	1.4g
Fat	5.4g
of which saturated	2.4g
Sodium	166mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
5 Days