

UCOOK

BBQ Beef Strips

with roasted baby potatoes & a fresh salad

This recipe is perfect for those days where you don't want to complicate things in the kitchen (but still sit down to a delish dinner, of course). A side of oven-roasted baby potatoes accompany butter-basted, BBQ-glazed beef strips, plus a dressed salad. Finished with fresh parsley.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & cut in half</i>
1	Tomato <i>rinse & roughly dice</i>
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
150g	Beef Strips
10ml	NOMU BBQ Rub

From Your Kitchen

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

1. BEGIN WITH BABY POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SIMPLE DRESSED SALAD In a bowl, combine the diced tomato, the diced cucumber, ½ the chopped parsley, a drizzle of olive oil, a sweetener (to taste), a splash of water, and seasoning. Set aside.

3. BBQ 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.

4. DONE ALREADY? Plate up the roasted potatoes and the BBQ beef drizzled with any remaining pan juices. Serve the cucumber & tomato salad on the side. Garnish it all with the remaining parsley.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	322kJ
Energy	77kcal
Protein	7.5g
Carbs	9g
of which sugars	1.8g
Fibre	1.1g
Fat	0.8g
of which saturated	0.3g
Sodium	106mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days