



# UCOOK

## BBQ Beef & Brown Onion Sauce

with roasted butternut chunks

It's all about the sauce in this recipe, Chef! A homemade brown onion sauce, deeply rich and decadent, is spooned over a pan-seared beef schnitzel that's been butter-basted and spiced with BBQ NOMU Rub. Sided with butternut chunks and garnished with fresh parsley.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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Simple & Save

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Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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## Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; roughly slice</i>
10ml	Cornflour
10ml	Worcestershire Sauce
300g	Beef Schnitzel (without crumb)
10ml	NOMU BBQ Rub
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. GO FOR GOLDEN** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CARMELISED 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 100ml of water.

**4. BROWN ONION SAUCE** When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 4-5 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick.

**5. SIZZLING SCHNITZEL** Place a clean pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**6. TIME TO EAT** Plate up the roasted butternut, side with the schnitzel, and add the brown onion sauce over the schnitzel. Sprinkle over the chopped parsley. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the butternut 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	8g
of which sugars	2.3g
Fibre	1.4g
Fat	0.8g
of which saturated	0.3g
Sodium	74mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days