



# UCCOOK

## Beef & Creamy Corn Chowder

with toasted almonds & leeks

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend White Blend

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 679kJ    | 3118kJ      |
| Energy             | 162kcal  | 746kcal     |
| Protein            | 9.2g     | 42.4g       |
| Carbs              | 10g      | 46g         |
| of which sugars    | 2.4g     | 11.2g       |
| Fibre              | 1.6g     | 7.4g        |
| Fat                | 7.3g     | 33.5g       |
| of which saturated | 3.1g     | 14.3g       |
| Sodium             | 239mg    | 1099mg      |

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

### Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                 |
|----------|------------|-------------------------------------------------------------------------------------------------|
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                                                                  |
| 150g     | 300g       | Beef Rump Strips                                                                                |
| 100g     | 200g       | Leeks<br><i>trim at the base &amp; cut in half lengthways</i>                                   |
| 3g       | 5g         | Fresh Thyme<br><i>rinse</i>                                                                     |
| 10ml     | 20ml       | Herby Spice Mix<br><i>(2,5ml [5ml] Ground Turmeric &amp; 7,5ml [15ml] NOMU One For All Rub)</i> |
| 100g     | 200g       | Corn                                                                                            |
| 1        | 1          | Chicken Stock Sachet                                                                            |
| 50ml     | 100ml      | Fresh Cream                                                                                     |
| 20g      | 40g        | Spinach<br><i>rinse</i>                                                                         |

### From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

- 1. ALMONDS & STOCK** Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml [400ml] boiling water and set aside.
- 2. SEARED STRIPS** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally).
- 3. HERBS, CREAM & CORN** Thoroughly rinse the leeks and then roughly slice. Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks with the thyme until soft, 2-3 minutes (shifting frequently). Add the herb mixture and the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Pour in the diluted stock along with the cream and simmer until slightly reduced, 5-6 minutes. Remove and discard the thyme sprigs.
- 4. ALMOST THERE** Mix through the cooked beef and spinach until wilted and season before removing from the heat.
- 5. DELISH DINNER** Bowl up the creamy beef and corn chowder and scatter with the toasted nuts.