

QCOOK

Caramelised Onion Rice & Beef

with tomatoes & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	493kj	2568kj
Energy	118kcal	614kcal
Protein	8.4g	44g
Carbs	17g	91g
of which sugars	1.9g	10.1g
Fibre	1.2g	6.3g
Fat	1g	5.2g
of which saturated	0.3g	1.5g
Sodium	121mg	631mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Beef Stock
10ml	20ml	Red Wine Vinegar
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse, pick, & roughly chop</i>
1	1	Onion <i>peel & finely slice</i>
5ml	10ml	Dried Thyme
100ml	200ml	Jasmine Rice <i>rinse</i>
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	NOMU Roast Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

Butter

1. **SOME PREP** Boil the kettle. Dilute the stock with 200ml [400ml] of the boiling water. In a small bowl, combine the vinegar with a drizzle of olive oil, and season. Add the tomato, the parsley, and toss to combine. Set aside in the fridge.

2. **RICE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until golden and crispy, 8-10 minutes. Add the thyme and fry until fragrant, 30-60 seconds. Mix in the rice, the diluted stock, and a pinch of salt. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. **BEEF** Place a pan over 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.

4. **DINNER IS READY** Dish up the rice, side with the schnitzel, and the herby tomatoes. Enjoy, Chef!