



# UCOOK

## Cheesy Beef Strips & Mushroom Sliders

with a cucumber salad

Stretch out the deliciousness by swapping out one larger serving for three mini versions, Chef! Experience the excitement every time you bite into the next sesame seed-covered slider, brimming with a cheesy mushroom & beef bechamel sauce, served with a zesty green side salad.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Fan Faves

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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## Ingredients & Prep

300g	Free-range Beef Strips
125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; roughly slice</i>
10ml	Cake Flour
100ml	Low Fat UHT Milk
60g	Cheddar Cheese <i>grate</i>
6	Slider Buns
20ml	Lemon Juice
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. BEEF STRIPS** Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

**2. MUSHROOMS & ONION** Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the sliced mushrooms and the onion until golden, 5-6 minutes. Remove from the heat and season.

**3. CHEESE MOMENT** Place a pan over medium heat with 20g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 30-60 seconds, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add a splash of water and mix in the grated cheese, the beef strips, and the loaded mushrooms. Remove from the heat.

**4. BUNS** Halve the slider buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

**5. SOME FRESHNESS** In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the shredded salad leaves, and the cucumber half-moons. Toss to combine and season.

**6. TIME TO EAT** Top the bottom buns with the loaded creamy beef strips and the top toasted buns halves. Side with the fresh lemony salad. Well done, Chef!

## Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	9g
Carbs	13g
of which sugars	3.7g
Fibre	1g
Fat	4.4g
of which saturated	1.5g
Sodium	109mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy,  
Cow's Milk

Eat  
Within  
3 Days