



UCOOK

French Onion-style Rice & Beef

with tomatoes & fresh parsley

You don't have to wait until winter to enjoy the deeply satisfying flavours of French onion soup. Instead, make this inspired UCOOK rice - cooked in a rich beef stock and loaded with buttery onion & thyme. Served with seared beef and a vinegar-infused tomato & fresh parsley salad.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Groote Post Winery | Groote Post Salt of the Earth Red blend

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Ingredients & Prep

5ml	Beef Stock
10ml	Red Wine Vinegar
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick, & roughly chop</i>
1	Onion <i>peel & finely slice</i>
5ml	Dried Thyme
100ml	Jasmine Rice <i>rinse</i>
150g	Beef Schnitzel (without crumb)
5ml	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 of the boiling water. In a small bowl, combine the vinegar with a drizzle of olive oil, and season. Add the diced tomato, the chopped 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 sliced onion until golden and crispy, 8-10 minutes. Add the dried thyme and fry until fragrant, 30-60 seconds. Mix in the rinsed 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!

Nutritional Information

Per 100g

Energy	493kJ
Energy	118kcal
Protein	8.4g
Carbs	17g
of which sugars	1.9g
Fibre	1.2g
Fat	1g
of which saturated	0.3g
Sodium	121mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days