



UCCOOK

Italian-style Sauce & Beef Dinner

with millet & sunflower seeds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 535kJ | 2575kJ |
| Energy | 128kcal | 616kcal |
| Protein | 10.1g | 48.8g |
| Carbs | 15g | 71g |
| of which sugars | 2.5g | 12.2g |
| Fibre | 2.3g | 11g |
| Fat | 2.5g | 12g |
| of which saturated | 0.4g | 1.9g |
| Sodium | 106mg | 512mg |

Allergens: Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|--------|-------|--|
| 30g | 40g | Sunflower Seeds |
| 225ml | 300ml | Millet |
| 450g | 600g | Beef Strips |
| 2 | 2 | Onions <i>peel & roughly slice</i> |
| 22,5ml | 30ml | NOMU Cajun Rub |
| 300ml | 400ml | Tomato Passata |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. TOAST Place the sunflower seeds in a pot over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

2. MILLET Return the pot to medium heat with the millet. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 450ml [600ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

3. BEEF 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). You may need to do this step in batches. Remove from the pan and season.

4. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 300ml [400ml] of water. Simmer until reduced, 12-15 minutes. In the final 1 minute, add the beef strips, a sweetener (to taste), and seasoning.

5. DINNER IS READY Make a bed of the millet, top with the beef in Italian sauce, scatter over the sunflower seeds, and garnish with the parsley. Well done, Chef!