



U^{COOK}

Beef Strips & Creamy Garlic Sauce

with butternut chips

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	495kJ	2410kJ
Energy	118kcal	576kcal
Protein	9.6g	47g
Carbs	8g	39g
of which sugars	3.2g	15.7g
Fibre	1.6g	7.8g
Fat	5.7g	27.7g
of which saturated	2.9g	14g
Sodium	100mg	485mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Butternut Chips
22.5ml	30ml	South African Seasoning
450g	600g	Beef Schnitzel (without crumb)
15ml	20ml	Ground Paprika
7.5ml	10ml	Crushed Black Peppercorns
125ml	160ml	Crème Fraîche
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	White Balsamic Vinegar
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Danish-style Feta <i>drain</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and South African seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BEEF When the roast has 8-10 minutes to go, place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel and cut into strips. Coat with the paprika and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and cover to keep warm.

3. CREAMY GARLIC SAUCE Return the pan with peppercorns and garlic. Fry until fragrant, 30-60 seconds. Deglaze with a splash of water and mix in the crème fraîche. Remove from the heat and loosen with water in 5ml increments until drizzling consistency. Season.

4. SOME FRESHNESS In a salad bowl, combine the vinegar and a drizzle of olive oil. Mix to emulsify. Add the green leaves, feta, and sun-dried tomatoes.

5. DINNER IS READY Dish up the butternut chips, serve with the beef strips, and drizzle over the creamy garlic sauce. Side with the salad and dig in, Chef!