



# UCCOOK

## Fragrant Beef Stew

with baby potatoes, carrots, & basmati rice

On a bed of fluffy basmati rice comes a generous serving of beef stew, made from browned beef, baby potatoes, garlic, diced onion & carrots. All of this is fried until fragrant, then elevated with NOMU Beef Rub and enveloped in tangy tomato sauce.

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**Hands-on Time:** 25 minutes

**Overall Time:** 60 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 **Waterkloof | Peacock Merlot**

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## Ingredients & Prep

200g	Pasture-raised Angus Beef Chunks <i>patted dry with paper towel &amp; cut into small pieces</i>
200g	Baby Potato <i>rinsed &amp; quartered</i>
120g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
5ml	NOMU Beef Rub
1	Garlic Clove <i>peeled &amp; grated</i>
100g	Cooked Chopped Tomato
100ml	White Basmati Rice <i>rinsed</i>
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter  
Paper Towel

**1. STEW** Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel. When hot, fry the beef chunks until browning, 4-5 minutes (shifting occasionally). Add the quartered potatoes, the carrot pieces, and the diced onion. Fry until slightly soft, 4-5 minutes. Add the NOMU rub and the grated garlic, and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 300ml of water. Bring to a boil and simmer until cooked through and thickened, 30-35 minutes. Remove from the heat, add sweetener and season.

**2. RICE** While the stew is simmering, place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. DINNER IS READY** Make a bed of the rice, cover with the fragrant stew, and garnish with the chopped parsley.

## Nutritional Information

Per 100g

Energy	422kj
Energy	101kcal
Protein	6.8g
Carbs	16g
of which sugars	2.5g
Fibre	1.6g
Fat	0.6g
of which saturated	0.2g
Sodium	57mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days