



# UCOOK

## Bechamel Beef Bake

with toasted almonds

Layers of creamy bechamel sauce, browned Wagyu beef mince dotted with onions & carrots and covered in a rich stock and tangy tomato passata, and shredded kale. A generous portion of this beautiful beef bake will be sided with a nutty green salad to balance the richness. Let's get cooking, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Carb Conscious

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 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
1	Onion <i>½ peeled &amp; finely diced</i>
120g	Carrot <i>rinsed, trimmed, peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
150g	Free-range Wagyu Beef Mince
10ml	NOMU Moroccan Rub
5ml	Beef Stock
100ml	Tomato Passata
30ml	Cake Flour
100ml	Low Fat Fresh Milk
50g	Kale <i>rinsed &amp; finely shredded</i>
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. TOASTY ALMONDS** Preheat the oven to grill or the highest setting. Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. TOMATO HEAVEN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion & carrot until golden, 5-8 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1 minute (shifting constantly). Add the mince and the NOMU rub, working quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Stir in the stock, the tomato passata, a sweetener, and 150ml of water. Simmer until slightly reduced and thickened, 8-10 minutes. If the sauce reduces too quickly, lower the heat and add a splash of water.

**3. MAKE THE BECHAMEL** Place a small pot over medium heat with 30g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**4. HAIL THE KALE** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened.

**5. START LAYERING** Pour a thin layer of the béchamel sauce into an ovenproof dish. Top with a thin layer of the beef & tomato sauce. Repeat the layers until all ingredients have been used up. Top with the dressed kale. Grill in the hot oven until golden and the kale is crispy, 5-8 minutes.

**6. NUTTY SALAD** In a salad bowl, toss the rinsed salad leaves with ½ the toasted almonds, a drizzle of olive oil, and seasoning.

**7. TIME TO EAT** Plate up a hearty portion of the creamy bake. Side with the dressed salad. Sprinkle over the remaining almonds. Opa, Chef!

## Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	5.5g
Carbs	9g
of which sugars	3.3g
Fibre	1.8g
Fat	6.8g
of which saturated	2.5g
Sodium	134mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days