



# UCCOOK

## Beef Strips & Horseradish Sauce

with roasted butternut & cabbage

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	396kJ	2224kJ
Energy	95kcal	532kcal
Protein	7.7g	43.2g
Carbs	7g	40g
of which sugars	2.4g	13.6g
Fibre	1.7g	9.6g
Fat	3.1g	17.4g
of which saturated	1.6g	8.9g
Sodium	126mg	708mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g	1kg	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
30ml	40ml	NOMU BBQ Rub
300g	400g	Cabbage <i>rinse &amp; cut into wedges</i>
450g	600g	Beef Strips
150ml	200ml	Creamy Horseradish <i>(90ml [120ml] Crème Fraîche &amp; 60ml [80ml] Horseradish Sauce)</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil,  $\frac{3}{4}$  of the NOMU rub, and season. 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. CABBAGE** Coat the cabbage in oil and season. When the butternut has 15-20 minutes to go, scatter the cabbage over the butternut and roast for the remaining time until lightly golden.

**3. NOMU-SPICED BEEF** Place a pan over high heat with a drizzle of oil and a knob of butter (optional). Pat the beef strips dry with paper towel and coat with the remaining NOMU rub. 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. SOME PREP** In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency, and season.

**5. TIME TO DINE** Make a bed of the roast, top with the beef strips, drizzle over the creamy horseradish, and sprinkle over the parsley. Cheers, Chef!