



# UCCOOK

## Mushroom & Beef Strip Sliders

with a cucumber salad

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Village Pinot Noir

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 541kj    | 3478kj      |
| Energy             | 129kcal  | 832kcal     |
| Protein            | 9g       | 57.9g       |
| Carbs              | 13g      | 84g         |
| of which sugars    | 3.7g     | 23.6g       |
| Fibre              | 1g       | 6.4g        |
| Fat                | 4.4g     | 28.4g       |
| of which saturated | 1.5g     | 9.7g        |
| Sodium             | 109mg    | 698mg       |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 150g     | 300g       | Beef Strips   |
| 65g      | 125g       | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i> |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>                  |
| 5ml      | 10ml       | Cake Flour  |
| 50ml     | 100ml      | Low Fat UHT Milk  |
| 30g      | 60g        | Cheddar Cheese<br><i>grate</i>                            |
| 3        | 6          | Slider Buns   |
| 10ml     | 20ml       | Lemon Juice   |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>          |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>        |

## From Your Kitchen

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

**1. BEEF STRIPS** Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

**2. MUSHROOMS & ONION** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the mushrooms and the onion until golden, 5-6 minutes. Remove from the heat and season.

**3. CHEESE MOMENT** Place another pan over medium heat with 10g [20g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 30-60 seconds, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add a splash of water and mix in the cheese, the beef strips, and the sautéed mushrooms. Remove from the heat.

**4. BUNS** Halve the slider buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

**5. SOME FRESHNESS** In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the salad leaves and the cucumber. Toss to combine and season.

**6. TIME TO EAT** Top the bottom buns with the loaded creamy beef strips and the top toasted buns halves. Side with the fresh lemony salad. Well done, Chef!

**Chef's Tip**