



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!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

20g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled & finely diced</i>
240g	Carrot <i>rinsed, trimmed, peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
300g	Free-range Wagyu Beef Mince
20ml	NOMU Moroccan Rub
10ml	Beef Stock
200ml	Tomato Passata
60ml	Cake Flour
200ml	Low Fat Fresh Milk
100g	Kale <i>rinsed & finely shredded</i>
40g	Salad Leaves <i>rinsed & 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, 4-5 minutes (shifting occasionally). Stir in the stock, the tomato passata, a sweetener, and 300ml 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 60g 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