



UCCOOK

Rustic Beef, Olives & Grilled Polenta

with crispy chickpeas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info	Per 100g	Per Portion
Energy	497kJ	4237kJ
Energy	119kcal	1013kcal
Protein	7g	59.8g
Carbs	14g	117g
of which sugars	2.5g	21.5g
Fibre	2.2g	18.7g
Fat	3.8g	32.4g
of which saturated	1.8g	15g
Sodium	104mg	888mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Polenta
30ml	60ml	Grated Italian-style Hard Cheese
50ml	100ml	Crème Fraîche
60g	120g	Chickpeas <i>drain & rinse</i>
150g	300g	Beef Schnitzel (without crumb)
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Italian Rub
100ml	200ml	Tomato Passata
30g	60g	Pitted Kalamata Olives <i>drain & cut in half</i>
1	1	Lemon <i>rinse & cut into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Butter
Paper Towel
Baking Paper
Cling Wrap
Sugar/Sweetener/Honey
Oil (cooking, olive or coconut)

1. POLENTA BASE Boil the kettle. Prepare a flat dish lined with cling wrap or baking paper. Place a pot over high heat with 250ml [500ml] of boiling water and ½ tsp of salt. Once boiling, slowly whisk in the polenta until there are no lumps, loosening with more boiling water if it's too thick. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Use a spoon when it gets too thick to whisk. Remove the pot from the heat and stir through a knob of butter, grated cheese, and crème fraîche. Immediately pour into the lined dish and spread out evenly in a single layer, 2cm thick. Gently press down with a spoon to ensure it's compressed. Pop in the fridge to cool for at least 15-20 minutes.

2. CRISPY CHICKPEAS Place the pan over medium heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. BEEF Return the pan, wiped down, to high heat with a drizzle of oil and a knob of butter. Pat the schnitzel dry with paper towel, cut into strips, and season. Sear the strips until browned, 30-60 seconds (shifting occasionally). Remove from the pan.

4. OLIVE TOMATO SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 4-6 minutes. Add the garlic, NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of water. Simmer until thickened, 6-10 minutes. In the final 1-2 minutes, mix in the beef strips, a sweetener (to taste), and seasoning. Remove from the heat and mix in the olives.

5. GRILLED POLENTA Once the polenta is firm, cut it into squares or rounds. Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the polenta until golden and crisp, 3-4 minutes per side (avoid moving them too soon so they don't stick). Remove from the heat.

6. DINNER IS READY Dish up the polenta, side with the saucy beef, and scatter over the crispy chickpeas. Garnish with a sprinkle of parsley, squeeze over the lemon juice (to taste), and enjoy, Chef!

Chef's Tip For the best texture, do step one the night before, it firms up the polenta beautifully and makes slicing and grilling much easier.