



UCCOOK

BBQ Beef & Brown Onion Sauce

with roasted butternut chunks

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Alex Levett

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	313kJ	1761kJ
Energy	75kcal	421kcal
Protein	7.3g	41.4g
Carbs	8g	45g
of which sugars	2.3g	13.1g
Fibre	1.4g	7.9g
Fat	0.8g	4.2g
of which saturated	0.3g	1.5g
Sodium	74mg	414mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
8g	1kg	Fresh Parsley <i>rinse, pick & roughly chop</i>
15ml	2	NOMU BBQ Rub
2	20ml	Onions <i>peel & roughly slice</i>
15ml	20ml	Cornflour
15ml	500g	Worcestershire Sauce
450g	20ml	Beef Schnitzel (without crumb)
750g	10g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. **GO FOR GOLDEN** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil 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. **CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally).

3. **SOME PREP** In a small bowl, combine the cornflour, the worcestershire sauce, and 150ml [200ml] of water.

4. **BROWN ONION SAUCE** When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 6-8 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick.

5. **SIZZLING SCHNITZEL** Place a clean pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. You may need to do this step in batches.

6. **TIME TO EAT** Plate up the roasted butternut, side with the schnitzel, and add the brown onion sauce over the schnitzel. Sprinkle over the parsley. Enjoy, Chef!