



UCOOK

Haute Cabrière Butternut Steak & Mushrooms

with charred baby onions & miso-soy sauce

Indulge yourself in this decadent five-star meal of tender butternut steaks covered in a medley of mushrooms and drizzled in miso-soy sauce. Served with a smooth butter bean-mash, charred baby onions and creamy sautéed spinach. No, believe it or not, you haven't died and gone to heaven!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba

 Vegetarian

 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

2	Baby Onions <i>peeled & halved lengthways, keeping tip & layers intact</i>
250g	Butternut
2g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
125g	Brown Mushrooms <i>wiped clean & roughly sliced</i>
65g	Shimeji Mushrooms <i>trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Mushroom Soy Sauce
15ml	Miso Paste
60g	Butter Beans <i>drained & rinsed</i>
45ml	Crème Fraîche
50g	Spinach <i>rinsed & roughly shredded</i>
1	Lemon <i>½ zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Blender
Milk (optional)

1. GET GOING Preheat the oven to 200°C. Place a pan over a medium heat with enough oil to cover the base. Place the onions in the pan in a single layer, cut-side down. Once sizzling, reduce to a low heat and cover. Allow to braise for 15-20 minutes until the cut side is charred, shifting occasionally.

2. STEAKS ARE HIGH Trim the ends off the butternut and cut the neck (thinner, longer part) off the base. Reserve the base for another use. Cut the neck in half lengthways. Trim off the outer rounded sides to create two 2cm butternut steaks. Alternatively, you can chop the butternut into bite-sized chunks - however, we recommend cutting them into steaks! Place the steaks on a roasting tray, coat in oil, the chopped thyme and season. Place in the oven for 30-35 minutes until browning and cooked through.

3. MISO MUSHIES Place a pan over high heat with a drizzle of oil. Once hot, add the chopped mushrooms and trimmed shimeji and fry for 5-7 minutes until browned, shifting occasionally. Remove and place in a bowl. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the grated garlic for 1 minute until fragrant, shifting constantly. Remove from the heat and add in the mushroom soy and the miso paste to taste (it has a strong flavour!). Whisk to fully incorporate the miso. Stir through the mushrooms and a knob of butter (optional) or coconut oil. Cover to keep warm.

4. DREAMY BEAN MASH Place the rinsed beans in a pot with 1 tbsp of milk or water and the crème fraîche. Place on a medium-high heat. Once boiling, remove from the heat, add in a knob of butter and some seasoning. Place in a blender or mash until desired consistency.

5. GLORIOUS GREENS Return the pan to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 3-4 minutes until wilted. Remove from the pan, season and stir through some lemon zest.

6. BEAUTIFUL! Spoon up a helping of creamy mash. Top with the butternut steaks and scatter over the mushrooms. Drizzle with the miso-soy sauce and a squeeze of lemon juice. Side with the charred baby onions, the sautéed spinach and a lemon wedge. Wow, chef!



Chef's Tip

Miso is a traditional Japanese seasoning made by fermenting soybeans. It's high in protein and vitamins and has a unique flavour profile with salty, sweet, earthy, fruity, and savory elements.

Nutritional Information

Per 100g

Energy	324kJ
Energy	77Kcal
Protein	2.8g
Carbs	10g
of which sugars	2.8g
Fibre	2.3g
Fat	2.7g
of which saturated	1.6g
Sodium	175mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days