



# UCCOOK

## Italian-style Sauce & Beef Dinner

with millet & sunflower seeds

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Revenant Wild Ferment Syrah

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 535kj    | 2575kj      |
| Energy             | 128kcal  | 616kcal     |
| Protein            | 10.1g    | 48.8g       |
| Carbs              | 15g      | 71g         |
| of which sugars    | 2.5g     | 12.2g       |
| Fibre              | 2.3g     | 11g         |
| Fat                | 2.5g     | 12g         |
| of which saturated | 0.4g     | 1.9g        |
| Sodium             | 106mg    | 512mg       |

**Allergens:** Allium

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 10g      | 20g        | Sunflower Seeds  |
| 75ml     | 150ml      | Millet   |
| 150g     | 300g       | Beef Strips  |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>               |
| 7,5ml    | 15ml       | NOMU Cajun Rub   |
| 100ml    | 200ml      | Tomato Passata   |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. TOAST** Place the sunflower seeds in a pot over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

**2. MILLET** Return the pot to medium heat with the millet. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml [300ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**3. BEEF STRIPS** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

**4. TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 100ml [200ml] of water. Simmer until reduced, 10-12 minutes. In the final 1 minute, add the beef strips, a sweetener (to taste), and seasoning.

**5. DINNER IS READY** Make a bed of the millet, top with the beef in Italian sauce, scatter over the sunflower seeds, and garnish with the parsley. Well done, Chef!