



UCOOK

Chakalaka Beef & Sweet Potato

with cucumber & fresh parsley

Let's keep things authentically South African for dinner tonight, Chef! Put away the can opener and grab some fresh ingredients and spices for a mouthwatering homemade chakalaka, which will be spooned over seared beef. Served with golden sweet potato.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Painted Wolf Wines | The Den Cabernet Sauvignon

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Ingredients & Prep

250g	Sweet Potato
150g	Beef Schnitzel (without crumb)
1	Onion <i>peel & roughly slice</i>
1	Bell Pepper <i>rinse, deseed & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>
20ml	Curry Blend <i>(5ml Medium Curry Powder, 10ml NOMU Indian Rub & 5ml Smoked Paprika)</i>
120g	Carrot <i>rinse, trim, peel & grate</i>
60g	Cannellini Beans <i>drain & rinse</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
100g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST Preheat the oven to 200°C. Rise the sweet potatoes and cut into bite-sized pieces. Spread them on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BEEF Place a pan over 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. Remove from the pan and season. Cut into bite-sized chunks.

3. CHAKALAKA Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the sliced onions and the diced peppers until slightly soft and browning, 6-7 minutes. Add the diced tomatoes, the curry blend, and the grated carrot. Fry until fragrant, allowing the tomatoes to break down into a sauce, 4-5 minutes. Add 50ml of water, the drained beans, and the sliced chilli (to taste). Simmer until the mixture thickens to a chunky texture, 4-5 minutes. In the final 1-2 minutes, add the beef chunks. Remove from the pan, add a sweetener (to taste), season, and cover to keep warm.

4. IT'S THAT TIME CHEF! Dish up the roasted sweet potato and side with the loaded chakalaka beef. Scatter over the diced cucumber and sprinkle over the chopped parsley. Jabulela ukudla kwakho, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	235kj
Energy	56kcal
Protein	4.1g
Carbs	8g
of which sugars	3.2g
Fibre	1.9g
Fat	0.5g
of which saturated	0.1g
Sodium	66mg

Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat
Within
4 Days