



UCOOK

Beef Strips & Chip Basket

with a lemony mayo & fresh parsley

Spoil yourself tonight with a simple cook in the kitchen yet a delicious meal at the dinner table, Chef. The crispiest skinny potato fries share a plate with flavourful beef strips. Drizzle over zesty mayo, sprinkle over fresh parsley, and grab your knife and fork!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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Ingredients & Prep

| | |
|-------|--|
| 1,6kg | Potato <i>rinse, peel (optional) & cut into 5mm thick chips</i> |
| 600g | Beef Strips |
| 20ml | NOMU Roast Rub |
| 125ml | Mayo |
| 20ml | Lemon Juice |
| 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. BEEF STRIPS When the fries have 3-5 minutes to go, 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, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

3. JUST BEFORE SERVING In a small bowl combine the mayo, the lemon juice (to taste), and a splash of water.

4. TIME TO EAT Plate up the fries, side with beef strips and all the pan juices. Drizzle the mayo over the fries and garnish with the chopped parsley.



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 469kJ |
| Energy | 112kcal |
| Protein | 7.9g |
| Carbs | 13g |
| of which sugars | 1.1g |
| Fibre | 1.9g |
| Fat | 3.4g |
| of which saturated | 0.5g |
| Sodium | 139mg |

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days