



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Fan Faves

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Painted Wolf Wines | The Den Cabernet Sauvignon

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## Ingredients & Prep

1kg	Sweet Potato
600g	Beef Schnitzel (without crumb)
2	Onions <i>peel &amp; roughly slice</i>
2	Bell Peppers <i>rinse, deseed &amp; roughly dice</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
80ml	Curry Blend <i>(20ml Medium Curry Powder, 40ml NOMU Indian Rub &amp; 20ml Smoked Paprika)</i>
240g	Carrot <i>rinse, trim, peel &amp; grate</i>
240g	Cannellini Beans <i>drain &amp; rinse</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>
400g	Cucumber <i>rinse &amp; roughly dice</i>
10g	Fresh Parsley <i>rinse, pick &amp; 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, 30-35 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. You may need to do this step in batches.

**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, 8-10 minutes. Add the diced tomatoes, the curry blend, and the grated carrot. Fry until fragrant, allowing the tomatoes to break down into a sauce, 5-6 minutes. Add 200ml of water, the drained beans, and the sliced chilli (to taste). Simmer until the mixture thickens to a chunky texture, 5-6 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