UCOOK

Coriander Chutney & Beef Sirloin Stew

with roasted butternut

Hands-on Time: 35 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Martin Melck Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	375kJ	2985kJ
Energy	90kcal	714kcal
Protein	5.6g	44.3g
Carbs	10g	80g
of which sugars	5.1g	41g
Fibre	1.7g	13.3g
Fat	1.2g	9.4g
of which saturated	0.4g	2.9g
Sodium	146mg	1167mg

Allergens: Allium, Sulphites

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
600g	800g	Butternut Chunks *cut into bite-sized pieces*
30ml	40ml	NOMU Indian Rub
480g	640g	Beef Sirloin
90ml	125ml	Mrs Balls Chutney
8g	10g	Fresh Coriander *rinse, pick & roughly chop*
2	2	Onions *peel & roughly dice 1½ [2]*
3	4	Garlic Cloves *peel & grate*
2	2	Fresh Chillies *rinse, trim, deseed & roughly chop*
300ml	400ml	Tomato Passata
15ml	20ml	Vegetable Stock

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Boil the kettle. Spread the carrot and butternut on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SEARED SIRLOIN Place a pan over high heat with a drizzle of oil. Pat the beef sirloin dry with paper towel and cut into bite-sized chunks. When hot, fry the sirloin until browned all over but not cooked through, 2-4 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan, season and set aside.

3. CORIANDER CHUTNEY In a small bowl, combine the chutney, ½ the coriander, and seasoning. Set aside.

4. CURRY MOMENT Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the remaining NOMU rub, garlic, ½ the chilli (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the stock, and 300ml [400ml] of boiling water. Simmer until reduced and thickened, 12-15 minutes (stirring occasionally). In the final 2-3 minutes, add the sirloin chunks, a sweetener (to taste) and seasoning.

5. STEW IS SERVED! Make a bed of the roasted veggies and spoon over the sirloin curry. Dollop over the coriander chutney and sprinkle over the remaining chilli (to taste) and coriander. Well done, Chef!