



UCOOK

Silky Bell Pepper Sauce & Beef

with carrot mash & a side salad

Notes of smoked paprika, rich beef stock, and creamy crème fraîche come together to form the flavoursome sauce of this dish. By adding fried onion, peppers & juicy beef strips, the dish is elevated to 'can't put my fork down' delicious. Sided with a smooth carrot mash for substance and an almond & greens salad for freshness.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

960g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
40g	Almonds
600g	Free-range Beef Strips
80ml	Stock Mix <i>(20ml Beef Stock, 10ml NOMU Provençal Rub, 10ml Smoked Paprika & 40ml Cornflour)</i>
2	Onions <i>peeled & finely sliced</i>
2	Bell Peppers <i>rinsed, deseeded & cut into strips</i>
40ml	Balsamic Vinegar
80g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>rinsed & roughly diced</i>
125ml	Crème Fraîche

From Your Kitchen

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

1. CRACK ON WITH THE CARROTS Place the carrot chunks in a pot of salted water over medium-high heat. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWN THE BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

4. TAKING STOCK In a small bowl, combine the stock mix with 80ml of water, making sure there are no lumps. Set side. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the sliced peppers until soft, 4-5 minutes (shifting occasionally). Add 400ml of water and bring to a simmer. Reduce the heat and stir in the diluted stock mix. Simmer until thickened, 3-4 minutes (stirring occasionally).

5. SWEET ON SALAD In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the rinsed green leaves, the diced cucumber, and ½ the toasted almonds. Set aside.

6. FINISHING TOUCHES When the sauce has thickened, add the cooked beef and simmer until heated through, 2-3 minutes. Stir in the crème fraîche and season.

7. DIG IN! Plate up the vibrant carrot mash next to the saucy beef. Serve the dressed salad on the side. Sprinkle over the remaining almonds. Yum, Chef!

Nutritional Information

Per 100g

Energy	323kJ
Energy	77kcal
Protein	5.8g
Carbs	7g
of which sugars	3g
Fibre	1.8g
Fat	2.8g
of which saturated	1.3g
Sodium	46mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days