



WCOOK

Creamy Tomato Beef Roti

with sun-dried tomatoes & almonds

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	765kJ	4236kJ
Energy	183kcal	1013kcal
Protein	8.1g	44.8g
Carbs	18g	98g
of which sugars	5g	27.9g
Fibre	2.7g	14.8g
Fat	9.6g	53.3g
of which saturated	3.1g	17g
Sodium	334mg	1847mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Diced Onion
150g	300g	Beef Mince
50g	100g	Corn
15ml	30ml	NOMU Cajun Rub
30ml	60ml	Tomato Paste
60g	120g	Cannellini Beans <i>drain & rinse</i>
40ml	80ml	Sour Cream
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
4	8	Rotis
10g	20g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BEGIN THE BEEF Place a pan over high heat with a drizzle of oil. When hot, fry the onion (to taste) until golden, 4-5 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the corn, NOMU rub, tomato paste and fry until fragrant, 2-3 minutes. Mix in 100ml [200ml] of water and simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, mix in the beans until warmed through.

2. CREAMY SAUCE Remove the pan from the heat, mix in the sour cream, and the sun-dried tomatoes. Loosen with a splash of water if it's too thick and season.

3. ROTIS Place the rotis on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the rotis until heated through, 30-60 seconds per side.

4. DINNER IS READY Plate up the creamy beef, scatter over the nuts, and serve alongside the rotis. Easy, Chef!

Chef's Tip 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.