



UCOOK

Asian Beef Roll-ups

with red pepper & sesame seeds


Quick, easy and full of flavour! Beef schnitzel encases red pepper, carrot and pickled red onion to create a beautiful little parcel of goodness. These roll-ups are seared and then basted in a tasty Asian-style sauce. It is served with a fresh salad, sprinkled with sesame seeds and finished off with fresh parsley.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Boschendal | 1685 Merlot

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Ingredients & Prep

15ml	Red Wine Vinegar
1	Red Onion <i>½ peeled & finely sliced</i>
150g	Free-range Beef Schnitzel (without crumb)
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into thin strips</i>
120g	Carrot <i>trimmed, peeled (optional) and cut into thin matchsticks</i>
40ml	Asian Sauce <i>(15ml Oyster Sauce + 10ml Sesame Oil + 15ml Low Sodium Soy Sauce)</i>
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>
5ml	Black Sesame Seeds
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PICKLED ONION Preheat the oven to 200°C. In a bowl, combine $\frac{3}{4}$ of the vinegar, a sweetener of choice (to taste), and a splash of water. Mix until the sweetener has fully dissolved. Add the sliced onion and toss until fully coated. Set aside to pickle for at least 5 minutes.

2. ROLL 'EM UP! Pat the schnitzel dry with some paper towel and lay on a chopping board. Top the schnitzel with the pepper strips, $\frac{1}{2}$ the pickled onion, and $\frac{1}{2}$ the carrot matchsticks in a vertical line, on one side of the schnitzel. Season generously, and roll the schnitzel up. Close securely with a toothpick.

3. SEARED TO PERFECTION Place a pan over a medium-high heat with a drizzle of oil. When hot, add the beef roll-up and sear on all sides for 2-3 minutes or until browned and cooked through. In the final minute, baste with the Asian sauce. Remove from the pan on completion, reserving any pan juices, and set aside to rest for 1-2 minutes. Remove the toothpick before serving.

4. FRESH START Drain the pickling liquid from the remaining pickled onions. In a salad bowl, combine any remaining carrots and peppers, the rinsed salad leaves, the cucumber half-moons, the remaining pickled onions, the remaining vinegar, a drizzle of oil, and seasoning.

5. LET'S ROLL! Pile up the fresh salad and serve the juicy beef roll-ups alongside. Drizzle over any remaining pan juices and sprinkle over the sesame seeds. Garnish with the chopped parsley. Dig in, Chef!

Nutritional Information

Per 100g

Energy	292kJ
Energy	70Kcal
Protein	6.5g
Carbs	5g
of which sugars	2.6g
Fibre	1.3g
Fat	2.5g
of which saturated	0.5g
Sodium	241mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy, Shellfish/Seafood

Cook
within
4 Days