



UCOOK

Coriander & Chilli Beef Roti's

with fresh cucumber & piquanté peppers

Succulent beef strips, seared to perfection and basted with butter & Italian NOMU rub, steal the spotlight. Each warm roti, toasted to perfection, cradles a symphony of flavours — pesto-infused yoghurt, crisp cucumber matchsticks, vibrant pepper slices, and fresh rocket. Drizzle it with reserved pan juices, wrap it all up, and tuck into your new fave meal, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Morgan Otten

 Fan Faves

 Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2018

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

Ingredients & Prep

150ml	Pesto Yoghurt <i>(90ml Low Fat Plain Yoghurt & 60ml Pesto Princess Coriander & Chilli Pesto)</i>
450g	Free-range Beef Strips
15ml	NOMU Italian Rub
6	Rotis
60g	Green Leaves <i>rinsed & roughly shredded</i>
150g	Cucumber <i>rinsed & cut into thin matchsticks</i>
60g	Piquanté Peppers <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. PESTO YOGHURT In a bowl, loosen the pesto yoghurt with a splash of water. Season and set aside.

2. SEAR THE STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

3. TOAST THE ROTI Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. STACK 'EM & WRAP 'EM! Smear each roti with some of the pesto yoghurt. Top with the shredded leaves, the beef strips drizzled with the pan juices, the cucumber matchsticks, and the drained peppers. Drizzle over the remaining pesto yoghurt. Wrap 'em up and dig in, Chef!

Nutritional Information

Per 100g

Energy	739kJ
Energy	177kcal
Protein	11.2g
Carbs	20g
of which sugars	4.2g
Fibre	2.2g
Fat	5.5g
of which saturated	1.1g
Sodium	309mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Cook
within
4 Days