



UCOOK

Bulgur Wheat & Beef Pizzaiola

with fresh basil

Pizzaiolo has two meanings in Italian. Firstly, a pizza maker. Secondly, a dish prepared with a pizzaiola sauce. With this recipe, you will be a pizzaiolo in the making, making a pizzaiola beef dish that brings all the flavours of Italian pizza together. Beef, basil, tomato, Italian spices, & garlic. Served on a bed of bulgur wheat.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Simple & Save

 Strandveld | Shiraz 2021

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Ingredients & Prep

75ml	Bulgur Wheat
150g	Beef Strips
1	Onion <i>peel & cut into wedges</i>
10ml	NOMU Italian Rub
1	Garlic Clove <i>peel & grate</i>
50g	Cooked Chopped Tomato
3g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

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

1. WHERE'S THE WHEAT? Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of olive oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain, if necessary, fluff with a fork, and set aside.

2. SEARED STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the strips until browned but not cooked through, 30-60 seconds. Remove from the pan, season, and set aside.

3. PERFECT PIZZAIOLA Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion wedges until soft, 3-4 minutes (shifting occasionally). Add the NOMU rub and grated garlic. Fry until fragrant, 1-2 minutes (shifting occasionally). Pour in the chopped tomato and 100ml of water. Bring to a boil, reduce the heat, and simmer until the sauce has reduced and thickened, 10-12 minutes (stirring occasionally). In the final 1-2 minutes, add the browned beef strips and ½ the rinsed basil. Remove from the heat, add a sweetener (to taste), and season.

4. BE GONE HUNGER PAINS! Plate up the cooked bulgur and top with the ostrich & tomato sauce, and garnish with the remaining basil. Well done, Chef!

Nutritional Information

Per 100g

Energy	577kJ
Energy	138kcal
Protein	12.9g
Carbs	19g
of which sugars	1.7g
Fibre	3.3g
Fat	1.4g
of which saturated	0.5g
Sodium	63mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days