



# UCOOK

## Portuguese Beef Stew

with crispy baguette, chilli & fresh salad

Dive into our simple yet delicious take on a traditional beef stew. Beef stroganoff swims in a sea of onions, chillies, olives, and beef gravy. Dunked with crispy baguette slices and served with a salad of feta, balsamic, and fresh leaves. You'll be going back for thirds!

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Easy Peasy

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 Niel Joubert | Reserve Shiraz

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## Ingredients & Prep

150g	Free-range Beef Stroganoff
6ml	Stock Mix <i>(5ml Beef Stock &amp; 1 Bay Leaf)</i>
1	Onion <i>½ peeled &amp; roughly sliced</i>
1	Fresh Chilli <i>deseeded &amp; roughly sliced</i>
65ml	Red Wine
30ml	Cake Flour
20g	Salad Leaves <i>rinsed</i>
15ml	Balsamic Vinegar
1	Sourdough Baguette <i>defrosted &amp; sliced at an angle into 2-3cm rounds</i>
25g	Pitted Kalamata Olives <i>drained &amp; roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
40g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. FRY TIME!** Preheat the oven to 200°C. Boil the kettle. Pat the beef stroganoff dry with paper towel. Place a pot over a high heat with a drizzle of oil. When hot, add the beef and fry for 1-2 minutes, shifting occasionally. On completion, it should be browned but not cooked through. Remove from the pot and set aside. Dilute the stock with 150ml of boiling water.

**2. STEWING TIME!** Return the pot to a medium high heat with another drizzle of oil, if necessary. Add the sliced onions and fry for 3-4 minutes until soft and translucent, shifting occasionally. Add in ½ the sliced chilli and fry for 1-2 minutes until fragrant, shifting constantly. Stir through the wine and leave to reduce for 1-2 minutes until almost all evaporated. Sprinkle over the flour and cook out for about 1-2 minutes, shifting constantly. Mix through the diluted stock. Reduce the heat and leave to simmer for 5-7 minutes until slightly reduced and thickened. If it's too thick, add water in small increments to loosen to desired consistency.

**3. SALAD TIME!** In a salad bowl, toss together the salad leaves, 5ml of olive oil, some seasoning, and the balsamic vinegar.

**4. BAGUETTE TIME!** Place the baguette slices on a roasting tray and butter (optional) the exposed side. Place in the hot oven and bake for 2-3 minutes until starting to brown and warmed through.

**5. BEEF TIME!** Once the sauce has reduced, mix through the beef and ½ the chopped olives. Leave to simmer for a further 1-2 minutes until the meat is cooked through. Season to taste.

**6. EATING TIME!** Serve up a generous bowl of the beef stew. Sprinkle over the chopped parsley, remaining olives, and the remaining chilli. Crumble the drained feta over the salad and serve alongside the stew. Dig in, Chef!



## Chef's Tip

If you're worried about the flour clumping, add the flour into a sieve and gently dust over the onion mixture instead of just dumping it in!

## Nutritional Information

Per 100g

Energy	814kJ
Energy	195Kcal
Protein	11.1g
Carbs	28g
of which sugars	3.1g
Fibre	1.5g
Fat	3.5g
of which saturated	1.4g
Sodium	385mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within  
4 Days