



UCCOOK

Quick Beef Trinchado

with bell pepper & fresh parsley

Inspired by Portugal, this South African beef stew has that mouthwatering Mzansi touch! A rich red wine & Napoletana sauce, dotted with silky onion & lightly charred peppers, coats premium quality beef strips. Spiced up with Colleen's Peri-peri Sauce and served with a toasted Portuguese roll.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jordyn Henning

Quick & Easy

Laborie Estate | Laborie Merlot

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

Ingredients & Prep

150g	Free-range Beef Strips
75g	Sliced Onions
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
30ml	Red Wine
1 unit	UCOOK Napoletana Sauce
20ml	Colleen's Peri-peri Sauce
1	Portuguese Roll
3g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

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

1. BROWNED BEEF Place a pot over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pot and season.

2. NAPOLETANA SAUCE Return the pot to medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the pepper strips until slightly golden, 3-4 minutes (shifting occasionally). Add the wine and cook until almost all evaporated, 1-2 minutes. Add the Napoletana sauce and the peri-peri sauce (to taste). Simmer until reduced and thickened, 5-6 minutes. Add the cooked beef strips, season, and remove from the heat.

3. ON A ROLL Halve the roll, and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the roll, cut-side down, until golden, 1-2 minutes.

4. TASTY TRINCHADO Bowl up the beef trinchado and garnish with the chopped parsley. Serve the toasted roll on the side.

Nutritional Information

Per 100g

Energy	318kJ
Energy	76kcal
Protein	5.8g
Carbs	10g
of which sugars	3g
Fibre	1.3g
Fat	1g
of which saturated	0.3g
Sodium	158mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Alcohol, Soy

Eat
Within
1 Day