



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: 2 People

Chef: Jordyn Henning

Quick & Easy

Laborie Estate | Laborie Merlot

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Ingredients & Prep

| | |
|--------|---|
| 300g | Free-range Beef Strips |
| 150g | Sliced Onions |
| 1 | Bell Pepper <i>rinse, deseed & cut into strips</i> |
| 60ml | Red Wine |
| 1 unit | UCOOK Napoletana Sauce |
| 40ml | Colleen's Peri-peri Sauce |
| 2 | Portuguese Rolls |
| 5g | 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 rolls, and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the rolls, 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 rolls 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