



UCCOOK

Beef Strips & Smokey Aioli

with roasted bell peppers & chickpeas

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Chris Dugmore

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	360kJ	3136kJ
Energy	86kcal	750kcal
Protein	5.6g	49.1g
Carbs	9g	81g
of which sugars	4.5g	39.3g
Fibre	2g	17.6g
Fat	2.8g	24.7g
of which saturated	0.5g	4.2g
Sodium	72mg	631mg

Allergens: Cow's Milk, Allium, Sulphites, Soy

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
2	2	Garlic Cloves
120g	160g	Kale <i>rinse & roughly shred</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
180g	240g	Chickpeas <i>drain & rinse</i>
450g	600g	Beef Strips
90ml	125ml	Mrs Balls Chutney
150ml	200ml	Hellmann's Tangy Mayonnaise
15ml	20ml	Smoked Paprika

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROAST CARROT & ONION Preheat the oven to 200°C. Spread the carrot, the onion, and the whole, unpeeled garlic cloves on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PREP STEP Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Add the pepper and the chickpeas. Toss through and season. Set aside.

3. ADD SOME EXTRA COLOUR When the roast has been in for 10 minutes, scatter the kale, chickpeas, and pepper over the carrot and onion wedges. Return to the oven for the remaining time until charred but still crunchy.

4. CHUTNEY BEEF 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, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the chutney. Remove from the pan, reserving any pan juices, and season.

5. SMOKEY MAYO In a small bowl, combine the mayo with the smoked paprika. Squeeze the garlic (to taste) out of its skin, roughly chop and add to the mayo. Add a splash of water until drizzling consistency, and seasoning. Set aside.

6. SIMPLE, YET SO TASTY Plate up the roasted veg, top with the chutney beef, and drizzle over the paprika mayo.