



# UCCOOK

## Sweet Chilli Beef Bulgur Bowl

with carrot & cucumber salad

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | Zeven Pinotage

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 542kJ    | 3412kJ      |
| Energy             | 130kcal  | 816kcal     |
| Protein            | 6.2g     | 39.1g       |
| Carbs              | 36g      | 224g        |
| of which sugars    | 4.5g     | 28.3g       |
| Fibre              | 2.5g     | 15.6g       |
| Fat                | 4.8g     | 30.1g       |
| of which saturated | 1.8g     | 11.2g       |
| Sodium             | 74mg     | 414mg       |

**Allergens:** Gluten, Allium, Wheat, Soy

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 225ml    | 300ml      | Bulgur Wheat   |
| 450g     | 600g       | Beef Mince   |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice</i>  |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>   |
| 120ml    | 160ml      | Soy & Sweet Chilli<br><i>(90ml [120ml] Thai Sweet Chilli Sauce &amp; 30ml [40ml] Low Sodium Soy Sauce)</i> |
| 60ml     | 80ml       | Lemon Juice  |
| 240g     | 240g       | Carrot<br><i>rinse, trim &amp; peel into ribbons</i>   |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>   |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>   |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. STICKY BEEF** Place a pan over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 [5-6] minutes (shifting occasionally). Add the onion and fry until soft, 4-5 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the soy and sweet chilli and 150ml [200ml] of water. Simmer until thickening, 4-5 minutes. Remove from the heat and season.

**3. SALAD** In a bowl, combine the lemon juice with a drizzle of olive oil. Add the carrot, the cucumber, the salad leaves, and season.

**4. DINNER IS READY** Plate up the bulgur, top with the mince, and serve alongside the carrot salad. Dig in, Chef!