



UCOOK

Sweet Chilli Beef Lettuce Wraps

with pickled radish & creamy hummus

The perfect carb conscious dish with no shortage of flavour! Tasty beef rump strips, marinated in a sweet chilli sauce and served with feta, sautéed kale, and hummus. Wrapped up in a gem lettuce leaf!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Carb Conscious

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

600g	Free-range Beef Rump Strips
30ml	Sweet Chilli Sauce
160ml	Hummus
40ml	White Wine Vinegar
2	Tomatoes <i>roughly diced</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
200g	Kale <i>rinsed & roughly shredded</i>
160g	Gem Lettuce <i>rinsed & leaves separated</i>
100g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. SWEET CHILLI & HUMMUS Place the beef strips in a bowl with the sweet chilli sauce, a drizzle of oil, and some seasoning. Toss until fully coated. Set aside to marinate for at least 10 minutes. Loosen the hummus with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

2. IN A PICKLE In a bowl, combine the white wine vinegar with 20ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the diced tomato and the radish rounds. Toss until fully coated and set aside to pickle.

3. MASSAGE TIME Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil. Place a nonstick pan over a medium heat. When hot, sauté the kale for 3-5 minutes until wilted. Remove from the pan and return to the bowl. Cover to keep warm.

4. SIZZLING BEEF Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the marinated beef strips for 2-3 minutes per side until golden and cooked through.

5. THAT'S A WRAP Prepare your lettuce wrap station: the gem lettuce, the kale, the glazed beef, the pickled tomato and radish, the drained feta, and the hummus. Load up your lettuce cups any way you like. Enjoy!



Chef's Tip

You may need to cook the beef strips in batches to ensure you're getting them fried rather than boiled!

Nutritional Information

Per 100g

Energy	436kJ
Energy	104Kcal
Protein	8.7g
Carbs	3g
of which sugars	1.3g
Fibre	1.3g
Fat	4.4g
of which saturated	1.8g
Sodium	135mg

Allergens

Dairy, Allium, Sesame, Sulphites, Sugar
Alcohol (Xylitol)

Cook
within
4 Days