



WCOOK

Coriander & Chilli Beef Rotis

with fresh cucumber & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Sophie Germanier Organic | Pinotage
Organic

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 714kJ | 3236kJ |
| Energy | 171kcal | 774kcal |
| Protein | 11.1g | 50.2g |
| Carbs | 20g | 92g |
| of which sugars | 4.2g | 18.9g |
| Fibre | 2.2g | 9.8g |
| Fat | 5.1g | 22.9g |
| of which saturated | 1g | 4.7g |
| Sodium | 321mg | 1456mg |

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 150ml | 200ml | Pesto Yoghurt <i>(90ml [120ml] Low Fat Plain Yoghurt & 60ml [80ml] Pesto Princess Coriander & Chilli Pesto)</i> |
| 450g | 600g | Beef Strips |
| 15ml | 20ml | NOMU Italian Rub |
| 6 | 8 | Rotis |
| 60g | 80g | Green Leaves <i>rinse & roughly shred</i> |
| 150g | 200g | Cucumber <i>rinse & cut into thin matchsticks</i> |
| 60g | 80g | Piquanté Peppers <i>drain</i> |
| 8g | 10g | Fresh Coriander <i>rinse & roughly chop</i> |

From Your Kitchen

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

1. **PESTO YOGHURT** In a bowl, loosen the pesto yoghurt with a splash of water. Season and set aside.

2. **SEAR THE STRIPS** 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, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

3. **TOAST THE ROTI** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. **STACK 'EM & WRAP 'EM!** Smear each roti with some of the pesto yoghurt. Top with the green leaves, the beef strips drizzled with the pan juices, the cucumber matchsticks, and the piquanté peppers. Drizzle over the remaining pesto yoghurt and top with the coriander. Wrap 'em up and dig in, Chef!