



UCCOOK

Italian Beef Pizzaiola Bowl

with peas

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	436kJ	2619kJ
Energy	104kcal	627kcal
Protein	8.5g	50.8g
Carbs	15g	93g
of which sugars	3g	17.7g
Fibre	3.2g	19.5g
Fat	0.9g	5.4g
of which saturated	0.3g	1.7g
Sodium	27mg	161mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
450g	600g	Beef Strips
240g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
3	4	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Spice Mix <i>7.5ml [10ml] Oregano, 7.5ml [10ml] Paprika & 15ml [20ml] Cornflour</i>
150ml	200ml	Tomato Passata
150g	200g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

Butter

1. FLUFFY 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. PAN-SEARED BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel and season. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan.

3. ITALY IN MY KITCHEN Return the pan to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the carrot and onion until lightly golden, 8-10 minutes (shifting occasionally). Mix in the garlic and spice mix. Fry until fragrant, 1-2 minutes. Stir in the tomato passata, peas and 300ml [400ml] of water. Simmer until the peas are warmed through, and the carrots are tender, 8-10 minutes. In the final 2-3 minutes, mix in the beef strips. Remove from the heat, add a sweetener (to taste) and season.

4. A PERFECT PIZZAIOLA Bowl up the bulgur and spoon over the beef pizzaiola. Dig in, Chef!