



UCOOK

Sweet Chilli Beef Salad Wrap

with peanuts and pickled cabbage & carrot

Wraps are always simple & easy, so why not give this Asian-inspired one a go! We give you beef strips tossed in sweet chilli sauce, wrapped up in a toasted tortilla with pickled cabbage & carrot, cucumber and chopped peanuts.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Vergelegen | Premium Cabernet Sauvignon / Merlot

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Lime <i>cut into wedges</i>
5ml	NOMU Oriental Rub
100g	Cabbage <i>½ finely sliced</i>
75g	Julienne Carrots
1	Spring Onion <i>trimmed & finely sliced</i>
150g	Free-range Beef Strips
50ml	Sweet Chilli Sauce
2	Wheat Flour Tortillas
50g	Cucumber <i>cut into half-moons</i>
10g	Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. PICKLE In a bowl, combine the juice of 2 lime wedges, 5ml of sweetener, the NOMU rub, 10ml of water, and seasoning. Add the sliced cabbage, the julienne carrots, and the sliced spring onion. Toss until coated and set aside.

2. SWEET 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, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the heat and toss through the sweet chilli sauce.

3. TOASTED WRAPS Return the pan, wiped down, to medium heat. When hot, toast each wrap until warmed through, 30-60 seconds per side.

4. ASSEMBLE! Plate up the toasted wraps. Top half of all the wraps with the pickled cabbage & carrot, the cucumber half-moons, and the sweet chilli beef (with all the sauce). Sprinkle over the chopped peanuts and side with any remaining lime wedges. Close up and enjoy, Chef!



Chef's Tip

Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	475kJ
Energy	113kcal
Protein	8.5g
Carbs	12g
of which sugars	2.3g
Fibre	1.9g
Fat	3g
of which saturated	0.9g
Sodium	185mg

Allergens

Gluten, Dairy, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within 1
Day