



UCOOK

Philly Cheesesteak Flatbread

with bell pepper strips

Originally created in the 1930s by two Italian brothers living in Philadelphia, the Philly Cheesesteak has become an all-American favourite. And soon it will be yours, too. A toasted flatbread is topped with aromatic beef strips, then deliciously smothered in silky glossy onions, fried peppers, & melted cheese. Keep some serviettes on standby for this one, Chef!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Suné van Zyl

Quick & Easy

Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

600g	Free-range Beef Strips
20ml	NOMU Beef Rub
10g	Fresh Thyme <i>rinse</i>
300g	Sliced Onions
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
40ml	NOMU Italian Rub
200g	Grated Cheddar Cheese
4	Flatbreads
40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter, the NOMU beef rub, and the rinsed thyme sprigs. Remove from the pan, discard the sprigs, and season.

2. VEGGIES Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the sliced onions, and the pepper strips (to taste) until lightly golden, 5-6 minutes. Add the NOMU Italian rub and fry until fragrant, 30-60 seconds. Add seasoning, mix in the beef strips, and the grated cheese. Cover and remove from the heat when the cheese is melted.

3. FLATBREAD Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the flatbreads until golden, 1-2 minutes per side.

4. TIME TO EAT Load the toasted flatbreads with the loaded cheese mixture, top with the rinsed green leaves, and enjoy, Chef!

Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	9.3g
Carbs	11g
of which sugars	2.5g
Fibre	1.5g
Fat	4g
of which saturated	1.9g
Sodium	202mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days