



# WCOOK

## Coriander & Chilli Beef Rotis

with fresh cucumber & piquanté peppers

**Hands-on Time:** 25 minutes

**Overall Time:** 35 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:

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