



UCCOOK

BBQ Beef Sub

with chilli-mayo & potato wedges

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	746kJ	4429kJ
Energy	178kcal	1059kcal
Protein	9.6g	57.1g
Carbs	21g	127g
of which sugars	4g	23.9g
Fibre	1.6g	9.5g
Fat	6.2g	36.6g
of which saturated	0.8g	4.5g
Sodium	243mg	1443mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
1	2	Sourdough Baguette/s
50ml	100ml	Mayo
2.5ml	5ml	Dried Chilli Flakes
150g	300g	Beef Strips
2.5ml	5ml	Ground Paprika
30ml	60ml	The Sauce Queen Smokey BBQ Sauce
20g	40g	Gherkins <i>drain & slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Sugar/Sweetener/Honey (optional)

1. HOT POTATO Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. WARM SOURDOUGH When the wedges have 5 minutes left in the oven, sprinkle the sourdough baguette/s with water and pop in the oven directly on the rack until crispy, 3-5 minutes. Once crispy, remove from the oven, cut in half lengthwise, and allow to cool.

3. CHILLI-MAYO In a bowl, combine the mayo and chilli flakes. Season and set aside.

4. BBQ BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel, coat with the paprika and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Add in the BBQ sauce, sweetener (optional) and 20ml [40ml] of water. Coat the beef strips evenly and cook until the sauce is thick and glossy for 1-2 minutes. Remove from the heat and season.

5. SIMPLY SUB-LIME! Spread the cooled baguette with ½ the chilli mayo, layer with the gherkins and top it with the saucy BBQ beef strips. Loosen the rest of the chilli mayo with a splash of water and drizzle on top. Close the baguette and serve with the homemade fries alongside it.