



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Quick & Easy

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Vilafonté | Seriously Old Dirt 2021

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### Ingredients & Prep

150g	Free-range Beef Strips
5ml	NOMU Beef Rub
3g	Fresh Thyme <i>rinse</i>
75g	Sliced Onions
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into strips</i>
10ml	NOMU Italian Rub
50g	Grated Cheddar Cheese
1	Flatbread
10g	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, 4-5 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 flatbread until golden, 1-2 minutes per side.

**4. TIME TO EAT** Load the toasted flatbread 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