



UCCOOK

Quick Beef Trinchado

with bell pepper & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jordyn Henning

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	377kJ	3274kJ
Energy	90kcal	782kcal
Protein	5.5g	47.5g
Carbs	10g	90g
of which sugars	3g	25.9g
Fibre	1.3g	11.5g
Fat	1.7g	14.7g
of which saturated	0.5g	4.2g
Sodium	157mg	1367mg

Allergens: Gluten, Allium, Wheat, Sulphites, Alcohol, Soy, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Rump Strips
75g	150g	Sliced Onions
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
30ml	60ml	Red Wine
1 unit	1 unit	UCOOK Napoletana Sauce
20ml	40ml	Colleen's Peri-peri Sauce
1	2	Portuguese Roll/s
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. BROWNE BEEF Place a pot over medium-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). Remove from the pot and season.

2. NAPOLETANA SAUCE Return the pot to medium-high heat with a drizzle of oil. Fry the onion and the pepper until slightly golden, 3-4 minutes (shifting occasionally). Add the wine and cook until almost all evaporated, 1-2 minutes. Add the Napoletana sauce and the peri-peri sauce (to taste). Simmer until reduced and thickened, 5-6 minutes. Add the beef strips, season, and remove from the heat.

3. ON A ROLL Halve the roll/s, and spread butter or oil over the cut sides. Place another pan over medium heat. When hot, toast the roll, cut-side down, until golden, 1-2 minutes.

4. TASTY TRINCHADO Bowl up the beef trinchado and garnish with the parsley. Serve the toasted roll on the side.