



# UCCOOK

## BBQ Beef Sub

with chilli-mayo & potato wedges

**Hands-on Time:** 30 minutes

**Overall Time:** 45 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<br><i>rinse &amp; 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<br><i>drain &amp; 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.