



UCOOK

Beef Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

A stew as reminiscent of Cape Town as Table Mountain, this satisfying & expertly spiced dish brings together fragrant yet familiar aromas. With its signature yellow & golden sultana rice, a rich tomato beef 'bredie,' and Mrs Balls Chutney, this dish simply tastes like home!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 No paired wines

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Ingredients & Prep

100ml	White Basmati Rice <i>rinsed</i>
7,5ml	Ground Turmeric
15g	Golden Sultanas <i>roughly chopped</i>
150g	Free-range Beef Strips <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly sliced</i>
120g	Carrot <i>rinsed, trimmed & diced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
25ml	Bredie Spice Blend <i>(10ml NOMU Indian Rub & 15ml Medium Curry Powder)</i>
200g	Cooked Chopped Tomato
30ml	Mrs Balls Chutney
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. Y'ELLO, RICE! Place the rinsed rice in a pot with the turmeric and 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, toss through the chopped golden sultanas, and cover.

2. BROWN BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef pieces dry with paper towel. When hot, fry the beef until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. NOTHING BEATS A BREDIE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the diced carrot until the onions are soft, 4-5 minutes (shifting occasionally). Add the grated garlic, the grated ginger, and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the chutney, and 100ml of water. Simmer until slightly reduced, 12-15 minutes. In the final 1-2 minutes, add the browned beef and season.

4. THE TASTE OF HOME Plate up the aromatic turmeric-sultana rice. Side with the beef tomato bredie. Garnish with the picked coriander. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	472kJ
Energy	113kcal
Protein	7g
Carbs	20g
of which sugars	6.7g
Fibre	2.7g
Fat	0.9g
of which saturated	0.2g
Sodium	143mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days