



UCCOOK

Sweet Chilli Beef Bulgur Bowl

with carrot & cucumber salad

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Zeven Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	542kJ	3412kJ
Energy	130kcal	816kcal
Protein	6.2g	39.1g
Carbs	36g	224g
of which sugars	4.5g	28.3g
Fibre	2.5g	15.6g
Fat	4.8g	30.1g
of which saturated	1.8g	11.2g
Sodium	74mg	414mg

Allergens: Gluten, Allium, Wheat, Soy

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
150g	300g	Beef Mince
1	1	Onion <i>peel & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Soy & Sweet Chilli <i>(30ml [60ml] Thai Sweet Chilli Sauce & 10ml [20ml] Low Sodium Soy Sauce)</i>
20ml	40ml	Lemon Juice
120g	120g	Carrot <i>rinse, trim & peel into ribbons</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. STICKY BEEF Place a pan over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the onion and fry until soft, 3-4 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the soy and sweet chilli and 50ml [100ml] of water. Simmer until thickening, 3-4 minutes. Remove from the heat and season.

3. SALAD In a bowl, combine the lemon juice with a drizzle of olive oil. Add the carrot, the cucumber, the salad leaves, and season.

4. DINNER IS READY Plate up the bulgur, top with the mince, and serve alongside the carrot salad. Dig in, Chef!