



WCOOK

Quick Beef Trinchado

with bell pepper & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jordyn Henning

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

	Per 100g	Per Portion
Energy	326kJ	2650kJ
Energy	78kcal	633kcal
Protein	6.2g	50.2g
Carbs	10g	85g
of which sugars	2.9g	23.2g
Fibre	1.3g	10.9g
Fat	1.1g	8.6g
of which saturated	0.3g	2.2g
Sodium	168.1mg	1368mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol, Soy, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Strips
3	4	Spring Onions <i>rinse, trim & finely slice</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
90ml	125ml	Red Wine
2 units	2 units	UCOOK Napoletana Sauce
60ml	80ml	Colleen's Peri-peri Sauce
3	4	Portuguese Rolls
8g	10g	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). You may need to do this step in batches. 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, 4-5 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, 8-10 minutes. Add the beef strips, season, and remove from the heat.

3. ON A ROLL Halve the rolls, 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.