



UCOOK

Philly Cheese-steak Pizza

with fresh parsley & mozzarella cheese


Do you like a cheesy beef sandwich? What about pizza? Then you'll LOVE this mouthwatering mash-up, Chef. Savour a pizza slice with a base of garlic-infused bechamel sauce, topped with juicy NOMU BBQ-spiced beef strips, sweet onions, golden mushrooms, and green pepper slices. All covered, of course, in oozy mozzarella cheese. Just look at that stretch!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

35ml	Garlic Flour <i>(30ml Cake Flour & 5ml Garlic Powder)</i>
100ml	Low Fat Fresh Milk
40g	Mozzarella Cheese <i>grate</i>
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly slice ½</i>
150g	Free-range Beef Strips
5ml	NOMU BBQ Rub
1	Pizza Base <i>keep frozen</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Milk (optional)

1. BEGIN WITH BECHAMEL Preheat the oven to 220°C. Place a pot over medium heat with 30g of butter. Once melted, vigorously mix in the garlic flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add ½ the grated cheese, and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

2. GOLDEN MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

3. SWEET ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and set aside.

4. BBQ BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat with the NOMU rub. When hot, sear the beef until browned, 30 seconds to 1 minute (shifting occasionally). Remove from the pan, season, and set aside.

5. ADD THE TOPPINGS Remove the pizza base from the freezer. Smear with the béchamel sauce. Top with the cooked beef strips, the caramelised onion, the mushroom slices, and the green pepper strips. Sprinkle over the remaining cheese. Carefully slide the base directly onto the oven rack and cook until the base is crispy, 7-10 minutes.

6. GRAB A SLICE Garnish your pizza with the chopped parsley. Add a final grind of black pepper and a pinch of salt. Bon appetit, Chef!

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	8.2g
Carbs	14g
of which sugars	2.7g
Fibre	1.6g
Fat	2.4g
of which saturated	1.2g
Sodium	146mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 3
Days