



UCCOOK

Beef & Whipped Goat's Cheese Wrap

with homemade balsamic onion marmalade & cheesy fries

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	4449kJ
Energy	143kcal	1064kcal
Protein	7.2g	53.9g
Carbs	14g	104g
of which sugars	4.3g	31.6g
Fibre	1.5g	10.8g
Fat	5.2g	38.5g
of which saturated	1.6g	12g
Sodium	104mg	773mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into skinny, 5mm thick chips</i>
5ml	10ml	Chip Spice <i>(2.5ml [5ml] Ground Paprika, 2.5ml [5ml] Dried Thyme)</i>
15ml	30ml	Grated Italian-style Hard Cheese
1	1	Onion <i>peel & finely slice ½ [1]</i>
15ml	30ml	Brown Sugar
30ml	60ml	Balsamic Vinegar
50ml	100ml	Low Fat Plain Yoghurt
25g	50g	Chevin Goat's Cheese
150g	300g	Beef Rump Strips
1	2	Wheat Flour Tortilla/s
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30ml	60ml	Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Toothpicks
Butter

1. CHEESY CHIPS Preheat the oven to 200°C. Generously cover the base of a roasting tray with oil. Add the potato, chip spice, season and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Once the fries are cooked, allow them to cool slightly for 5 minutes. Melt a knob of butter and drizzle over the fries. Sprinkle the cheese over and mix it through.

2. SWEET BALSAMIC ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add the brown sugar and balsamic vinegar. Let this cook until the liquid reduces and the marmalade becomes sticky. Remove from the pan, season, and cover.

3. MORE CHEESE, PLEASE In a separate bowl, combine the yoghurt and goat's cheese. Using a fork, mix until fully combined. Season and set aside.

4. BROWN THE BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

5. TOASTED TORTILLA Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

6. TIME TO ASSEMBLE Spread the whipped goat's cheese mixture evenly on the wrap/s, and layer with the salad leaves. Top with the beef strips and onion marmalade. Fold the wrap/s and secure it with a toothpick/s.

7. TAKE A BITE! Plate up the cheesy fries with the wrap alongside. Dollop the mayo on the side for dipping. Well done, Chef!