



UCCOOK

Strandveld's Beef Stew

with homemade flatbreads

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Strandveld Winery

Wine Pairing: Strandveld | Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	531kJ	4705kJ
Energy	127kcal	1125kcal
Protein	6.8g	59.9g
Carbs	18g	163g
of which sugars	2.2g	19.4g
Fibre	1.6g	14g
Fat	1.6g	14.6g
of which saturated	0.6g	5g
Sodium	367mg	3246mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
150g	300g	Beef Rump Strips
120g	120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice</i>
1	2	Beef Stock Sachet/s
10ml	20ml	NOMU One For All Rub
15ml	30ml	Red Wine
100ml	200ml	Tomato Passata
60g	120g	Butter Beans <i>drain & rinse</i>
125ml	250ml	Self-raising Flour
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Oregano & 3g [5g] Fresh Parsley)</i>
90ml	180ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. FLUFFY RICE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover. Rinse and roughly chop the mixed herbs.

2. BROWN THE BEEF Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, flash fry the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and set aside. Place the pan back on the heat and add the carrot and the onion. Fry until golden, 5-6 minutes (shifting occasionally). Dilute the beef stock with 200ml [400ml] of boiling water.

3. SUPERB STOCK When the onion is golden, add back the beef along with the NOMU rub and fry until fragrant, 1-2 minutes. Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the tomato passata and the beef stock. Lower the heat and simmer until slightly reduced and thickened, 15-20 minutes. In the final 1-2 minutes, add the butter beans and beef strips to the stew so they can warm through.

4. FAB FLATBREADS Set aside 1 [2] tbsp of flour. Place the rest in a bowl with a good pinch of salt and the mixed herbs, reserving some parsley for garnishing later. Using your hands, rub in 10ml [20ml] of oil until it forms breadcrumbs. Add 35ml [70ml] of yoghurt until combined into a sticky ball. If it is too dry, add water in 5ml increments until combined. Use the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 1-2 pieces per portion and use a rolling pin or bottle to shape into flat discs, about 12-15 cm wide.

5. FRY UNTIL CRISPY Place a pan over high heat. When hot, cook the flatbreads one at a time until heated through and lightly crisped, 2 minutes per side. Smear butter (optional) or a drizzle of olive oil over the flatbread.

6. WHAT A PLATE! Plate up a generous serving of rice. Top with the delicious stew. Drizzle over the remaining yoghurt and garnish with the remaining parsley. Side with the buttery flatbreads and dig in, Chef!

Chef's Tip For tender beef, let your stew simmer low and slow. If it's bubbling vigorously, turn down the heat—high heat can make the meat tough.