



UCOOK

Sesame Beef Wrap

with a creamy slaw

Perfect for those evenings when you want fuss-free but flavoursome. A creamy cabbage slaw is piled onto pan-toasted tortillas, together with sesame oil-infused beef strips & bell peppers, spiced with NOMU One For All Rub. Garnished with a crispy onion salad sprinkle.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 4 People

Chef: Jemimah Smith

Quick & Easy

KWV - The Mentors | KWV The Mentors
Cabernet Franc

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Ingredients & Prep

400g	Cabbage <i>rinse & thinly slice</i>
200ml	Mayo
600g	Free-range Beef Schnitzel (without crumb)
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
40ml	Sesame Oil
20ml	NOMU One For All Rub
8	Wheat Flour Tortillas
80ml	Crispy Onion Salad Sprinkle <i>(60ml Crispy Onion Bits & 20ml Old Stone Mill Salad Sprinkle)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CREAMY CABBAGE In a bowl, combine the sliced cabbage with the mayo and season.

2. BEEF STRIPS & PEPPERS Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and cut into 1cm thick strips. When hot, fry the beef strips and the sliced pepper until charred 2-3 minutes (shifting occasionally). In the final 30 seconds, mix in the sesame oil and the NOMU rub. You may need to do this step in batches. Remove from the pan and season.

3. TOAST THE TORTILLAS Place the tortillas on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the tortillas one by one until heated through, 30-60 seconds per side.

4. DINNER'S READY Top the wraps with the creamy slaw. Lay over the sliced beef and the peppers with all the pan juices. Garnish with the crispy onion salad sprinkle. That's a wrap, Chef!

Nutritional Information

Per 100g

Energy	615kj
Energy	147kcal
Protein	7.2g
Carbs	12g
of which sugars	2.7g
Fibre	1.9g
Fat	7.3g
of which saturated	1.4g
Sodium	224mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Eat
Within
4 Days