



# UCOOK

## Silky Bell Pepper Sauce & Beef

with carrot mash & a side salad

Notes of smoked paprika, rich beef stock, and creamy crème fraîche come together to form the flavoursome sauce of this dish. By adding fried onion, peppers & juicy beef strips, the dish is elevated to 'can't put my fork down' delicious. Sided with a smooth carrot mash for substance and an almond & greens salad for freshness.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Stellenzicht | Tristone Cabernet Sauvignon

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## Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
10g	Almonds
150g	Free-range Beef Strips
20ml	Stock Mix <i>(5ml Beef Stock, 2,5ml NOMU Provençal Rub, 2,5ml Smoked Paprika &amp; 10ml Cornflour)</i>
1	Onion <i>½ peeled &amp; finely sliced</i>
1	Bell Pepper <i>½ rinsed, deseeded &amp; cut into strips</i>
10ml	Balsamic Vinegar
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>rinsed &amp; roughly diced</i>
30ml	Crème Fraîche

## From Your Kitchen

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

**1. CRACK ON WITH THE CARROTS** Place the carrot chunks in a pot of salted water over medium-high heat. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. GOLDEN ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. BROWN THE BEEF** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

**4. TAKING STOCK** In a small bowl, combine the stock mix with 20ml of water, making sure there are no lumps. Set side. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the sliced pepper until soft, 3-4 minutes (shifting occasionally). Add 100ml of water and bring to a simmer. Reduce the heat and stir in the diluted stock mix. Simmer until thickened, 2-3 minutes (stirring occasionally).

**5. SWEET ON SALAD** In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the rinsed green leaves, the diced cucumber, and ½ the toasted almonds. Set aside.

**6. FINISHING TOUCHES** When the sauce has thickened, add the cooked beef and simmer until heated through, 1-2 minutes. Stir in the crème fraîche and season.

**7. DIG IN!** Plate up the vibrant carrot mash next to the saucy beef. Serve the dressed salad on the side. Sprinkle over the remaining almonds. Yum, Chef!

## Nutritional Information

Per 100g

Energy	323kJ
Energy	77kcal
Protein	5.8g
Carbs	7g
of which sugars	3g
Fibre	1.8g
Fat	2.8g
of which saturated	1.3g
Sodium	46mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days