



# UCCOOK

## Beef Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

A stew as reminiscent of Cape Town as Table Mountain, this satisfying & expertly spiced dish brings together fragrant yet familiar aromas. With its signature yellow & golden sultana rice, a rich tomato beef 'bredie,' and Mrs Balls Chutney, this dish simply tastes like home!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Fan Faves

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 No paired wines

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinsed</i>
30ml	Ground Turmeric
60g	Golden Sultanas <i>roughly chopped</i>
600g	Free-range Beef Strips <i>cut into bite-sized pieces</i>
1	Onion <i>peeled &amp; roughly sliced</i>
480g	Carrot <i>rinsed, trimmed &amp; diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
40g	Fresh Ginger <i>peeled &amp; grated</i>
100ml	Bredie Spice Blend <i>(40ml NOMU Indian Rub &amp; 60ml Medium Curry Powder)</i>
800g	Cooked Chopped Tomato
125ml	Mrs Balls Chutney
15g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. Y'ELLO, RICE!** Place the rinsed rice in a pot with the turmeric and 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, toss through the chopped golden sultanas, and cover.

**2. BROWN BEEF** Place a pan over medium-high heat with a drizzle of oil. Pat the beef pieces dry with paper towel. When hot, fry the beef until browned but not cooked through, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

**3. NOTHING BEATS A BREDIE** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the diced carrot until the onions are soft, 5-6 minutes (shifting occasionally). Add the grated garlic, the grated ginger, and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the chutney, and 400ml of water. Simmer until slightly reduced, 15-20 minutes. In the final 1-2 minutes, add the browned beef and season.

**4. THE TASTE OF HOME** Plate up the aromatic turmeric-sultana rice. Side with the beef tomato bredie. Garnish with the picked coriander. Easy peasy, Chef!

## Nutritional Information

Per 100g

Energy	472kj
Energy	113kcal
Protein	7g
Carbs	20g
of which sugars	6.7g
Fibre	2.7g
Fat	0.9g
of which saturated	0.2g
Sodium	143mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days