



UCCOOK

Beef Strips & Smoky Aioli

with roasted bell peppers & chickpeas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Chris Dugmore

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	434kJ	3738kJ
Energy	104kcal	894kcal
Protein	5.6g	47.9g
Carbs	8g	72g
of which sugars	4.5g	39.1g
Fibre	2g	17.2g
Fat	5.2g	44.5g
of which saturated	0.9g	7.7g
Sodium	75mg	642mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: NONE

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
40g	80g	Kale <i>rinse & roughly shred</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
60g	120g	Chickpeas <i>drain & rinse</i>
150g	300g	Beef Strips
30ml	60ml	Mrs Balls Chutney
1 unit	1 unit	Roasted Garlic Mayo
5ml	10ml	Smoked Paprika

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. ROAST CARROT & ONION Preheat the oven to 200°C. Spread the carrot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PREP STEP Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Add the pepper pieces and the chickpeas. Toss through and season. Set aside.

3. ADD SOME EXTRA COLOUR When the roast has been in for 10 minutes, scatter the dressed kale & chickpeas over the carrot & onion wedges. Return to the oven for the remaining time until charred but still crunchy.

4. CHUTNEY BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the chutney. Remove from the pan, reserving any pan juices, and season.

5. SMOKY MAYO In a small bowl, combine the mayo with the smoked paprika. Add a splash of water until drizzling consistency, and seasoning. Set aside.

6. SIMPLE, YET SO TASTY Plate up the roasted veg, top with the chutney beef, and drizzle over the paprika mayo.