

# UCOOK

## Loaded BBQ Beef Wrap

**with fresh tomato, caramelised onion & green leaves**

This recipe is easy to make, feels a bit more special than your everyday wrap - and is fun to eat on a date or with loved ones! Filled with browned beef strips, fresh leaves, tangy tomato & carrot ribbons. Best of all, this is all topped with silky onions smothered in a BBQ sauce. We're in love!

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 Fan Faves

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 Waterkloof | Circumstance Cabernet Franc

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## Ingredients & Prep

1	Onion <i>peeled &amp; roughly sliced</i>
80ml	BBQ Sauce
300g	Free-range Beef Strips
15ml	NOMU BBQ Rub
4	Beetroot Wraps
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>sliced into thin rounds</i>
120g	Carrot <i>rinsed &amp; peeled into ribbons</i>

## From Your Kitchen

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

**1. FROM THE B TO THE Q** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion for 4-5 minutes until soft and starting to brown, shifting occasionally. In the final 1-2 minutes, add the BBQ sauce and a knob of butter (optional). Remove from the pan and cover to keep warm.

**2. LET'S BEEF THINGS UP** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the beef strips for 1-2 minutes per side until browned. In the final minute, baste with a knob of butter (optional) and the rub. Remove from the pan and season to taste.

**3. TIME TO TOAST** Return the pan, wiped down, to a medium-high heat. When hot, dry toast the wraps, one at a time, for about 30 seconds per side until warmed through.

**4. WRAP THINGS UP** Smear ½ of the BBQ caramelised onion on the toasted wraps. Top with the shredded leaves, the tomato rounds, the carrot ribbons, and the seared beef strips. Spoon over the remaining BBQ onion, and finish off with a crack of black pepper. Fold the wrap over, and dig in!

## Nutritional Information

Per 100g

Energy	456kj
Energy	109kcal
Protein	7.7g
Carbs	13g
of which sugars	4.4g
Fibre	3.7g
Fat	2.7g
of which saturated	1.1g
Sodium	242mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days