



# UCCOOK

## Quick Beef Trinchado

with bell pepper & fresh parsley

Inspired by Portugal, this South African beef stew has that mouthwatering Mzansi touch! A rich red wine & Napoletana sauce, dotted with silky onion & lightly charred peppers, coats premium quality beef strips. Spiced up with Colleen's Peri-peri Sauce and served with a toasted Portuguese roll.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Jordyn Henning

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Quick & Easy

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Laborie Estate | Laborie Merlot

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## Ingredients & Prep

|         |                                                               |
|---------|---------------------------------------------------------------|
| 450g    | Free-range Beef Strips                                        |
| 225g    | Sliced Onions                                                 |
| 2       | Bell Peppers<br><i>rinse, deseed &amp; cut 1½ into strips</i> |
| 90ml    | Red Wine                                                      |
| 2 units | UCOOK Napoletana Sauce                                        |
| 60ml    | Colleen's Peri-peri Sauce                                     |
| 3       | Portuguese Rolls                                              |
| 8g      | Fresh Parsley<br><i>rinse &amp; roughly chop</i>              |

## From Your Kitchen

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

**1. BROWNED BEEF** Place a pot 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). Remove from the pot and season. You may need to do this step in batches.

**2. NAPOLETANA SAUCE** Return the pot to medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the pepper strips until slightly golden, 4-5 minutes (shifting occasionally). Add the wine and cook until almost all evaporated, 1-2 minutes. Add the Napoletana sauce and the peri-peri sauce (to taste). Simmer until reduced and thickened, 8-10 minutes. Add the cooked beef strips, season, and remove from the heat.

**3. ON A ROLL** Halve the rolls, and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the rolls, cut-side down, until golden, 1-2 minutes.

**4. TASTY TRINCHADO** Bowl up the beef trinchado and garnish with the chopped parsley. Serve the toasted rolls on the side.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 318kJ  |
| Energy             | 76kcal |
| Protein            | 5.8g   |
| Carbs              | 10g    |
| of which sugars    | 3g     |
| Fibre              | 1.3g   |
| Fat                | 1g     |
| of which saturated | 0.3g   |
| Sodium             | 158mg  |

## Allergens

Gluten, Allium, Wheat, Sulphites, Sugar  
Alcohol (Xylitol), Alcohol, Soy

Eat  
Within  
1 Day