



# 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:** 4 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

600g	Free-range Beef Strips
300g	Sliced Onions
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
125ml	Red Wine
2 units	UCOOK Napoletana Sauce
80ml	Colleen's Peri-peri Sauce
4	Portuguese Rolls
10g	Fresh Parsley <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