



# UCOOK

## Bulgur Wheat & Beef Pizzaiola

with fresh basil

Pizzaiolo has two meanings in Italian. Firstly, a pizza maker. Secondly, a dish prepared with a pizzaiola sauce. With this recipe, you will be a pizzaiolo in the making, making a pizzaiola beef dish that brings all the flavours of Italian pizza together. Beef, basil, tomato, Italian spices, & garlic. Served on a bed of bulgur wheat.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Simple & Save

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 Strandveld | Shiraz 2021

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## Ingredients & Prep

|       |                                             |
|-------|---------------------------------------------|
| 300ml | Bulgur Wheat                                |
| 600g  | Beef Strips                                 |
| 2     | Onions<br><i>peel &amp; cut into wedges</i> |
| 40ml  | NOMU Italian Rub                            |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>    |
| 200g  | Cooked Chopped Tomato                       |
| 10g   | Fresh Basil<br><i>rinse &amp; pick</i>      |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. WHERE'S THE WHEAT?** Boil the kettle. Place the bulgur wheat in a pot with 600ml of boiling water, a drizzle of olive oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain, if necessary, fluff with a fork, and set aside.

**2. SEARED STRIPS** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the strips until browned but not cooked through, 30-60 seconds. Remove from the pan, season, and set aside.

**3. PERFECT PIZZAIOLA** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion wedges until soft, 3-4 minutes (shifting occasionally). Add the NOMU rub and grated garlic. Fry until fragrant, 1-2 minutes (shifting occasionally). Pour in the chopped tomato and 400ml of water. Bring to a boil, reduce the heat, and simmer until the sauce has reduced and thickened, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the browned beef strips and ½ the rinsed basil. Remove from the heat, add a sweetener (to taste), and season.

**4. BE GONE HUNGER PAINS!** Plate up the cooked bulgur and top with the ostrich & tomato sauce, and garnish with the remaining basil. Well done, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 577kJ   |
| Energy             | 138kcal |
| Protein            | 12.9g   |
| Carbs              | 19g     |
| of which sugars    | 1.7g    |
| Fibre              | 3.3g    |
| Fat                | 1.4g    |
| of which saturated | 0.5g    |
| Sodium             | 63mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites

Eat  
Within  
4 Days