



UCOOK

Beef Strips & Smoky Aioli

with roasted bell peppers & chickpeas

Sweet, salty, bitter, sour. These are usually the tastes that Chefs tick in a dish, but today we're showing you why smokiness should be a go-to flavour profile too. On a base of roasted onion, carrot, chickpeas & bell peppers lie butter-basted beef strips covered in Mrs Balls Chutney. The smokiness is drizzled on top with a lip-smacking roasted garlic & paprika mayo.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Chris Dugmore

Fan Faves

Creation Wines | Creation Syrah Grenache

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut ½ [1]]#7DA0D7 into wedges</i>
1	Garlic Clove
40g	Kale <i>rinse & roughly shred</i>
1	Bell Pepper <i>rinse, deseed & dice ½ [1]]#7DA0D7</i>
60g	Chickpeas <i>drain & rinse</i>
150g	Beef Strips
30ml	Mrs Balls Chutney
50ml	Mayo
5ml	Smoked Paprika

From Your Kitchen

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

1. ROAST CARROT & ONION Preheat the oven to 200°C. Spread the carrot, the onion wedges, and the whole, unpeeled garlic clove 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 Remove the garlic from the oven, and peel. In a small bowl, combine the peeled garlic, the mayo, and 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.

Nutritional Information

Per 100g

Energy	399kj
Energy	95kcal
Protein	5.6g
Carbs	9g
of which sugars	5.1g
Fibre	2.1g
Fat	3.9g
of which saturated	0.4g
Sodium	60mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days