



UCCOOK

Sweet Chilli Beef Bulgur Bowl

with tomato & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	603kj	3554kj
Energy	144kcal	850kcal
Protein	7.2g	42.2g
Carbs	15g	88g
of which sugars	4.2g	25g
Fibre	2.2g	13.2g
Fat	6.1g	35.8g
of which saturated	2.5g	14.6g
Sodium	192mg	1130mg

Allergens: Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Tomatoes <i>rinse & cut into thin wedges 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
225ml	300ml	Bulgur Wheat
60g	80g	Danish-style Feta <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60ml	80ml	Lemon Juice
2	2	Onions <i>peel & roughly slice</i>
450g	600g	Beef Mince
120ml	160ml	Soy & Sweet Chilli <i>(90ml [120ml] Thai Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. STICKY BEEF Place a pan over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the onion and fry until soft and lightly golden, 6-8 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the soy and sweet chilli and 150ml [200ml] of water. Simmer until thickening, 8-10 minutes. Remove from the heat and season.

3. SALAD In a bowl, combine the lemon juice with a drizzle of olive oil. Add the tomato, feta, salad leaves, and season.

4. DINNER IS READY Plate up the bulgur, top with the mince, and serve alongside the tomato salad. Dig in, Chef!