



UCOOK

Rustic Beef Stew

with tzatziki

Sometimes you just need a bowl of comforting stew, especially after a long working day. After finishing this recipe, you can look forward to spoonfuls of carrots, onions, butter beans, and browned beef strips swimming in a lip smacking liquid layered with red wine, tomato passata, and chilli. This is how we stew it, Chef!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jason Johnson

 Carb Conscious

 Creation Wines | Creation Merlot

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Ingredients & Prep

10g	Pumpkin Seeds
150g	Free-range Beef Strips <i>cut into bite-sized pieces</i>
240g	Carrot <i>trimmed, peeled & cut into bite-sized pieces on the diagonal</i>
1	Onion <i>½ peeled & roughly diced</i>
10ml	NOMU Beef Rub
1	Fresh Chilli <i>rinsed, deseeded & finely sliced</i>
15ml	Red Wine
100g	Tomato Passata
120g	Butter Beans <i>drained & rinsed</i>
30ml	Tzatziki

From Your Kitchen

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

1. PUMPKIN SEEDS Place the pumpkin seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. BROWNED BEEF Return the pot to high heat with a drizzle of oil and a knob of butter. Pat the beef pieces dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pot, cover, and set aside.

3. STEW Return the pot to high heat with a drizzle of oil. Add the carrot pieces and the diced onions to the pot. Fry until the carrots are slightly soft, 5-6 minutes. Add the NOMU rub and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Add the wine and simmer until almost evaporated. Mix in the tomato passata and 150ml of water. Simmer until reduced and cooked through, 10-12 minutes. In the final 4-5 minutes, add the drained beans and the browned beef pieces, and simmer until warmed through. Add a sweetener and season.

4. WARM UP THE BELLY Dish the fragrant stew into a bowl and scatter over the toasted pumpkin seeds. Dollop over the tzatziki and enjoy, Chef!

Nutritional Information

Per 100g

Energy	302kj
Energy	72kcal
Protein	6.8g
Carbs	8g
of which sugars	2.9g
Fibre	2.4g
Fat	0.9g
of which saturated	0.3g
Sodium	156mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days