



# UCOOK

## Coriander & Chilli Beef Roti's

**with fresh cucumber & piquanté peppers**

Succulent beef strips, seared to perfection and basted with butter & Italian NOMU rub, steal the spotlight. Each warm roti, toasted to perfection, cradles a symphony of flavours — pesto-infused yoghurt, crisp cucumber matchsticks, vibrant pepper slices, and fresh rocket. Drizzle it with reserved pan juices, wrap it all up, and tuck into your new fave meal, Chef!

---

**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes


---

**Serves:** 1 Person


---

**Chef:** Morgan Otten

---

 Fan Faves

---

 Muratie Wine Estate | Muratie Martin Melck  
Cabernet Sauvignon 2018

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

50ml	Pesto Yoghurt <i>(30ml Low Fat Plain Yoghurt &amp; 20ml Pesto Princess Coriander &amp; Chilli Pesto)</i>
150g	Free-range Beef Strips
5ml	NOMU Italian Rub
2	Rotis
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
50g	Cucumber <i>rinsed &amp; cut into thin matchsticks</i>
20g	Piquanté Peppers <i>drained</i>

## From Your Kitchen

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

**1. PESTO YOGHURT** In a bowl, loosen the pesto yoghurt with a splash of water. Season and set aside.

**2. SEAR THE STRIPS** 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, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

**3. TOAST THE ROTI** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**4. STACK 'EM & WRAP 'EM!** Smear each roti with some of the pesto yoghurt. Top with the shredded leaves, the beef strips drizzled with the pan juices, the cucumber matchsticks, and the drained peppers. Drizzle over the remaining pesto yoghurt. Wrap 'em up and dig in, Chef!

## Nutritional Information

Per 100g

Energy	739kJ
Energy	177kcal
Protein	11.2g
Carbs	20g
of which sugars	4.2g
Fibre	2.2g
Fat	5.5g
of which saturated	1.1g
Sodium	309mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts, Soy

Cook  
within  
4 Days