



# UCCOOK

## Beef Strips & Smokey Aioli

with roasted bell peppers & chickpeas

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Chris Dugmore

**Wine Pairing:** Nitída | Pinot Noir

### Nutritional Info

	Per 100g	Per Portion
Energy	438kJ	3816kJ
Energy	105kcal	913kcal
Protein	5.6g	48.5g
Carbs	9g	76g
of which sugars	4.5g	39.3g
Fibre	2g	17.4g
Fat	5.2g	45.3g
of which saturated	0.9g	7.7g
Sodium	37mg	326mg

**Allergens:** Cow's Milk, Egg, Allium, Sulphites, Soy

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
1	1	Onion <i>peel &amp; cut ½ [1] into wedges</i>
1	2	Garlic Clove/s
40g	80g	Kale <i>rinse &amp; roughly shred</i>
1	1	Bell Pepper <i>rinse, deseed &amp; dice ½ [1]</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
150g	300g	Beef Strips
30ml	60ml	Mrs Balls Chutney
50ml	100ml	Hellmann's Tangy Mayonnaise
5ml	10ml	Smoked Paprika

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

**1. ROAST CARROT & ONION** Preheat the oven to 200°C. Spread the carrot, the onion, and the whole, unpeeled garlic clove/s 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 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 kale, chickpeas, and pepper over the carrot and 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. SMOKEY MAYO** In a small bowl, combine the mayo with the smoked paprika. Squeeze the garlic (to taste) out of its skin, roughly chop and add to the mayo. 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.