



UCOOK

Minced Beef & Green Bean Bowl

with a Pad Thai sauce, kale & chilli flakes

A noodle-free stir-fry loaded with kale, carrot, onion, green beans, and flavourful beef mince. It is doused in a tasty Pad Thai flavours and sprinkled with chopped peanuts and chilli flakes. This dish has it all: flavour, crunch, and spice!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

20ml	Tamari Sauce
10ml	Fish Sauce
30ml	Peanut Butter
1	Garlic Clove <i>peel & grate</i>
5ml	Dried Chilli Flakes
15ml	Lime Juice
150g	Beef Mince
1	Onion <i>peel & cut ½ into thick slices</i>
80g	Green Beans <i>rinse, trim & slice into thirds</i>
100g	Kale <i>rinse</i>
120g	Carrot <i>rinse, trim, peel & grate ½</i>
10g	Peanuts <i>roughly chop</i>

From Your Kitchen

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

1. PAD THAI SAUCE In a bowl, combine the tamari with the fish sauce (to taste), the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the lime juice (to taste), 10ml of sweetener, and 30ml of water. Set aside.

2. BROWN THE MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and season.

3. ALL TOGETHER NOW! Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the onion slices until soft, 3-4 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 2-3 minutes (shifting occasionally). Add the rinsed kale and the grated carrot, and fry until slightly softened but still crunchy, 2-3 minutes (shifting occasionally). Add the browned mince and the Pad Thai sauce, and toss until fully combined. Leave to simmer until slightly reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season.

4. NO TO NOODLES, YES TO YUM! Plate up the noodle-less stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Dive in!



Chef's Tip

Air fryer method: Coat the shredded kale in oil and season. Air fry at 200°C until crispy, 7-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	6.7g
Carbs	7g
of which sugars	2.7g
Fibre	2.3g
Fat	7.4g
of which saturated	2.2g
Sodium	322mg

Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Eat
Within
3 Days