



UCCOOK

Black Pepper Udon & Beef Rump Strips

with spinach & toasted soy-glazed cashews

U-don't know what you're missing if you haven't tried udon, Chef! These thick Japanese noodles soak up all the yumminess in the sweet tomato soy sauce, dotted with silky onion, crushed black peppercorns, and a spicy hit of fresh ginger. Served with NOMU Oriental Rub-coated beef strips and cashew nuts for crunch.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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Ingredients & Prep

100g	Udon Noodles
15g	Cashew Nuts
15ml	Honey-soy <i>(10ml Low Sodium Soy Sauce & 5ml Honey)</i>
150g	Free-range Beef Rump Strips
20ml	Rub & Flour <i>(10ml Cornflour & 10ml NOMU Oriental Rub)</i>
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
5ml	Crushed Black Peppercorns
10g	Fresh Ginger <i>peel & grate</i>
50ml	Sweet Tomato Soy Sauce <i>(30ml Sweet Indo Soy Sauce, 10ml Tomato Paste & 10ml Oyster Sauce)</i>
40g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

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

1. NOODLES Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain and toss through a drizzle of olive oil.

2. NUTS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Deglaze the pan with the honey-soy and simmer until evaporated, 1-2 minutes. Remove from the pan and roughly chop when cool enough to handle.

3. BEEF Return the pan wiped down to medium-high heat with enough oil to cover the base. Pat the beef strips dry with paper towel, add to a bowl, add the rub & flour, and toss to combine. When hot, fry the strips until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

4. LOADED NOODLES Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Add the grated garlic, crushed black peppercorns (to taste), and the grated ginger, fry until fragrant, 1-2 minutes. Mix in the sweet tomato soy glaze and 50ml of water. Simmer until slightly thickening, 2-3 minutes. Mix in the cooked beef strips, the noodles, and the shredded spinach. Mix to combine, 1-2 minutes. Remove from the heat and season.

5. DINNER IS READY Bowl up the loaded noodles and sprinkle over the chopped nuts. Well done, Chef!

Nutritional Information

Per 100g

Energy	615kj
Energy	147kcal
Protein	8.1g
Carbs	17g
of which sugars	7g
Fibre	1.3g
Fat	3.2g
of which saturated	0.9g
Sodium	379mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy, Shellfish

Eat
Within
4 Days