



UCOOK

Yakisoba Beef Stir-fry

with fresh coriander & edamame beans

This stir-fried noodle recipe is a Japanese streetfood dish that's always a hit! Soba noodles are stir-fried with thin slices of beef rump, piquanté peppers, pak choi, and edamame beans. All tossed in a savoury-sweet yakisoba sauce made of soy, oyster sauce, and Mrs Balls Chutney.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

Adventurous Foodie

Groote Post Winery | Groote Post Old Man's Blend Red Blend

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

Ingredients & Prep

150g	Soba Noodles
450g	Beef Rump Strips
300g	Pak Choi <i>trim at the base</i>
60g	Piquanté Peppers <i>drain</i>
8g	Fresh Coriander <i>rinse & pick</i>
150g	Edamame Beans
165ml	Stir-fry Sauce <i>(30ml Oyster Sauce, 45ml Low Sodium Soy Sauce & 90ml Mrs Balls Chutney)</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

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

1. AND WE'RE OFF! Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. SIZZLING STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes (shifting occasionally). You may need to do this in batches. Remove from the pan and set aside.

3. SOME PREP Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. STIR-FRY STARTER Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pak choi stems and fry until soft, 3-4 minutes (shifting occasionally).

5. CAUSE A STIR(FRY) When the stems are soft, add the browned beef strips, the halved pak choi leaves, the drained piquanté peppers, the cooked noodles, ½ the picked coriander, and the edamame beans to the pan. Fry until heated through, 3-4 minutes. Remove from the heat and toss through the stir-fry sauce. Season.

6. ITADAKIMASU! Dish up the fragrant beef stir-fry. Sprinkle over the sliced chilli (to taste), and the remaining coriander. Delish, Chef!

Nutritional Information

Per 100g

Energy	622kJ
Energy	149kcal
Protein	10.8g
Carbs	16g
of which sugars	6g
Fibre	1.3g
Fat	2.8g
of which saturated	0.8g
Sodium	379mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy, Shellfish

Eat
Within
4 Days