



UCCOOK

Umami Beef Noodle Bowl

with cabbage, carrots & sesame seeds

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Piekienierskloof | Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	842kJ	2898kJ
Energy	201kcal	693kcal
Protein	11.2g	38.5g
Carbs	17g	59g
of which sugars	1.6g	5.6g
Fibre	1g	3.6g
Fat	9.4g	32.3g
of which saturated	3.5g	12g
Sodium	424mg	1460mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
450g	600g	Beef Mince
2	2	Garlic Cloves <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
225g	300g	Shredded Cabbage & Julienne Carrots
150ml	205	Spicy Soy <i>(90ml [125ml] Low Sodium Soy Sauce, 45ml [60ml] Sriracha Sauce & 15ml [20ml] Rice Wine Vineagr)</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
7.5ml	10ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Sugar/Sweetener/Honey

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and toss through a drizzle of olive oil.

2. MMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add in garlic and spring onion whites, and fry until fragrant. Add in the cabbage and carrot mix, allowing this to fry until the cabbage starts wilting, 4-6 minutes. Add in the spicy soy sauce mix, fresh chilli and 15ml [20ml] of a sweetener of your choice. Cook until everything is incorporated and the sauce thickens, 3-4 minutes. Remove from heat, season and set aside.

3. BOWL 'EM OVER Bowl up the noodles, top with the saucy cabbage and mince mixture. Garnish with the spring onion greens and sesame seeds. Enjoy, Chef!