



UCCOOK

Classic Beef Stir-fry

with jasmine rice

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Olivia Johnstone

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	659kj	3132kj
Energy	158kcal	749kcal
Protein	8.5g	40.3g
Carbs	19g	88g
of which sugars	5.5g	26.3g
Fibre	1.2g	5.8g
Fat	3.5g	16.6g
of which saturated	0.9g	4.2g
Sodium	199mg	948mg

Allergens: Gluten, Sesame, Wheat, Sulphites, Soy

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]		
225ml	300ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Rump Strips
300g	400g	Baby Marrow Rounds
300g	400g	Shredded Cabbage & Carrot
150ml	200ml	Stir-fry Sauce <i>(75ml [100ml] Sweet Indo Soy Sauce, 15ml [20ml] Sesame Oil & 60ml [80ml] Rice Wine Vinegar)</i>
15ml	20ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. READY THE RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN THE BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan, season and set aside.

3. STIR-FRY SENSATION Return the pan to medium heat and fry the baby marrow and cabbage mix until charred, 3-4 minutes. In the final 1-2 minutes, add the stir-fry sauce and a splash of water. Simmer for 4-5 minutes. Remove the pan from the heat and toss through the beef strips.

4. ALREADY DONE Make a bed of the rice and top with the saucy stir-fried veg and sprinkle over the sesame seeds. Yum, Chef! Dinner is ready.

Chef's Tip Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.