



UCCOOK

Sweet & Savoury Hoisin Beef Noodle Bowl

with spring onion & sesame seeds

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	842kJ	3912kJ
Energy	202kcal	936kcal
Protein	9.6g	44.7g
Carbs	17g	78g
of which sugars	5g	23g
Fibre	1.2g	5.8g
Fat	7.9g	36.9g
of which saturated	1.2g	5.5g
Sodium	329mg	1526mg

Allergens: Sulphites, Shellfish, Egg, Fish, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

5ml	10ml	White Sesame Seeds
60g	120g	Egg Noodles
120g	240g	Carrot <i>rinse, peel (optional) & cut into matchsticks</i>
150g	300g	Beef Rump Strips
1	1	Spring Onion
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
50ml	100ml	Tangy Hoisin <i>12,5ml [25ml] Rice Wine Vinegar, 10ml [20ml] Tomato Sauce, Rice Wine Vinegar, 25ml [50ml] Hoisin Sauce & 2,5ml [5ml] Fish Sauce</i>
20g	40g	Spinach <i>rinse & roughly shred</i>
30ml	60ml	Kewpie Mayo

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Paper Towel

Sugar/Sweetener/Honey

Butter (optional)

1. OPEN (WITH) SESAME 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.

2. 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 rinse in cold water.

3. GOLDEN CARROTS Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the carrot until starting to soften, 4-6 minutes. Remove from the pan, season and set aside.

4. HEAVENLY HOISIN Return the pan to medium-high heat with a drizzle of oil (if necessary). Pat the beef strips dry with paper towel. When hot, sear the beef strips and spring onion whites until browned, 1-2 minutes (shifting occasionally). Turn down the heat and add back the carrot along with ½ of the chilli (to taste), the tangy hoisin sauce, 50ml [100ml] of water and a sweetener (to taste). Simmer until slightly reduced, 2-3 minutes.

5. COAT IN FLAVOUR Remove the pan from the heat and add the cooked egg noodles and spinach. Toss to coat the noodles in the hoisin sauce and wilt the spinach.

6. SENSATIONAL SUPPER Plate up the loaded noodles. Drizzle over the mayo. Top with the toasted sesame seeds and garnish with the spring onion greens and remaining chilli (to taste).