

UCCOOK

Sizzling Beef Stir Fry

with fluffy rice

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Chloe Hughes

Nutritional Info

	Per 100g	Per Portion
Energy	372kj	2072kj
Energy	89kcal	496kcal
Protein	7.9g	44.2g
Carbs	12g	65g
of which sugars	2g	11g
Fibre	2g	11g
Fat	0.8g	4.6g
of which saturated	0.3g	1.4g
Sodium	125mg	698mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Allium

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Jasmine Rice <i>rinse</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Oriental Express
80g	160g	Green Beans <i>rinse & cut in half</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
75g	150g	Julienne Carrots
20g	40g	Green Leaves
40ml	80ml	Carb Smart Sweet Chilli Sauce
1	1	Lime <i>rinse & cut into wedges</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. RICE Place the rice in a pot with 100ml [200ml] 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. SEAR Place a pan over high heat. Pat the beef strips dry with paper towel. Lightly coat with cooking spray or oil (optional) and the NOMU rub. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. STIR-FRY Return the pan to medium high-heat. Add the green beans, onion, and lightly coat with cooking spray or oil (optional). Fry until starting to char, 5-6 minutes (shifting occasionally). Add the carrots, spinach, sweet chilli sauce, beef strips, a splash of water, and simmer until the spinach is wilted, 2-3 minutes. Remove from the heat, add a squeeze of lime juice (to taste) and season.

4. TIME TO EAT Make a bed of the fluffy rice, top with sizzling beef stir fry, and garnish with the coriander. Well done, Chef!

Chef's Tip