



UCOOK

Asian-style Beef & Noodles

with spring onion & pak choi

Stomach growling for some food? We'll show you how to quiet the hunger pains in less time than it takes to order & deliver your favourite takeaway meal. Al dente noodles, charred corn, pak choi, browned beef & bell peppers are coated in a delectable UCOOK Asian sauce. Bowl up and enjoy your amazing, homemade fakeaway, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

1 cake	Egg Noodles
150g	Free-range Beef Rump Strips
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
100g	Pak Choi <i>trim at the base, rinse thoroughly, roughly chop the stems & halve the leaves</i>
50g	Corn
1	Spring Onion <i>rinse, trim & roughly slice</i>
1 unit	UCOOK Asian Sauce
10ml	White Sesame Seeds

From Your Kitchen

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

1. THE COUNTDOWN BEGINS 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.

2. QUICK BROWNE BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. VERY EASY STIR-FRY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices, the pak choi stems, the corn, and ½ the sliced spring onion until lightly charred, 3-4 minutes (shifting occasionally). Toss through the browned beef, the cooked noodles, the pak choi leaves, the Asian sauce, and 50ml of water. Simmer until slightly reduced and warmed through, 1-2 minutes (shifting occasionally). Loosen with an extra splash of water if the sauce reduces too quickly. Remove from the heat and season.

4. FLAVOURFUL FAKEAWAY! Plate up the steaming stir-fry. Sprinkle over the sesame seeds. Garnish with the remaining spring onion.



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.

Nutritional Information

Per 100g

Energy	518kJ
Energy	124kcal
Protein	7.2g
Carbs	12g
of which sugars	2.7g
Fibre	1.2g
Fat	3.7g
of which saturated	0.9g
Sodium	183mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Fish, Soy, Shellfish

Eat
Within
3 Days