



# UCOOK

## Sesame-Soy Beef Noodle Bowl

with mixed herbs, vermicelli noodles & avocado

Prepare to be completely bowled over, Chef! This take-out fake-out recipe features juicy and tender beef rump strips and a rainbow of crunchy veggies nestled on a bed of sesame-soy soaked rice noodles. Drizzled with a tangy sweet chilli sauce and garnished with mixed herbs and chopped peanuts. It's unbelievable!

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Fan Faves

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 No paired wines

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## Ingredients & Prep

200g	Rice Vermicelli Noodles
50ml	Sesame-soy <i>(40ml Low Sodium Soy Sauce &amp; 10ml Sesame Oil)</i>
30g	Mixed Herbs <i>(15g Fresh Coriander &amp; 15g Fresh Mint)</i>
2	Avocados
160g	Edamame Beans
125ml	Sweet Chilli Sauce
600g	Free-range Beef Rump Strips
2	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
240g	Carrot <i>rinsed &amp; cut into matchsticks</i>
200g	Cucumber <i>cut into matchsticks</i>
40g	Peanuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. OODLES OF NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and soak for 6-8 minutes until cooked and glassy. Drain and toss through some oil, the sesame-soy, and seasoning.

**2. PREPARATION STATION** Rinse and pick the mixed herbs. Peel the avocados. Slice the flesh, season, and set aside. Plump up the edamame beans in boiling water for 3-5 minutes and drain on completion. Loosen the sweet chilli sauce with a splash of water.

**3. FLAVA FRY-UP** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rump strips and the spring onion whites for 1-2 minutes per side until browned. Season to taste.

**4. BRING IT ALL TOGETHER** Dish up the noodles. Top with the browned rump strips, the avo slices, the carrot & cucumber matchsticks, and the edamame beans. Drizzle over the sweet chilli sauce. Sprinkle over the mixed herbs, the chopped peanuts, and the spring onion greens.

## Nutritional Information

Per 100g

Energy	648kj
Energy	155kcal
Protein	7.7g
Carbs	33g
of which sugars	3.6g
Fibre	2.9g
Fat	6.8g
of which saturated	1.4g
Sodium	162mg

## Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook  
within  
4 Days