



UCOOK

Minced Beef Noodle Stir-fry

with cabbage & carrot

Ready in no time and packed with tons of juicy beef, crunchy cabbage, carrot matchsticks, and flavourful aromatics all smothered in a moreish teriyaki sauce. This beef mince & egg noodle stir-fry will have you wanting seconds before you even finish your first helping!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Waterkloof | Peacock Syrah

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Ingredients & Prep

3 cakes	Egg Noodles
450g	Beef Mince
15ml	NOMU Oriental Rub
2	Onions <i>1½ peeled & roughly sliced</i>
200g	Cabbage <i>rinsed & thinly sliced</i>
360g	Carrot <i>rinsed, trimmed, peeled & cut into matchsticks</i>
75ml	Teriyaki Sauce <i>(45ml Sweet Chilli Sauce & 30ml Low Sodium Soy Sauce)</i>

From Your Kitchen

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

1. EGGY 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.

2. MAGIC MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. ALL TOGETHER NOW! Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until browned, 6-7 minutes. Add the sliced cabbage and the carrot matchsticks, and fry until softening, 3-4 minutes (shifting occasionally). Toss through the cooked noodles, the cooked mince, the teriyaki sauce, and seasoning.

4. AS EASY AS THAT Dish up the beef noodle stir-fry. Dig in, Chef!

Nutritional Information

Per 100g

Energy	593kJ
Energy	142kcal
Protein	7g
Carbs	25g
of which sugars	3.8g
Fibre	1.6g
Fat	5.8g
of which saturated	2.2g
Sodium	195mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days