



# UCCOOK

## Yakisoba Beef Stir-fry

with fresh coriander & edamame beans

This stir-fried noodle recipe is a Japanese streetfood dish that's always a hit! Soba noodles are stir-fried with thin slices of beef rump, piquanté peppers, pak choi, and edamame beans. All tossed in a savoury-sweet yakisoba sauce made of soy, oyster sauce, and Mrs Balls Chutney.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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Adventurous Foodie

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Groote Post Winery | Groote Post Old Man's Blend Red Blend

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## Ingredients & Prep

|       |                                                                                                      |
|-------|------------------------------------------------------------------------------------------------------|
| 100g  | Soba Noodles                                                                                         |
| 300g  | Beef Rump Strips                                                                                     |
| 200g  | Pak Choi<br><i>trim at the base</i>                                                                  |
| 40g   | Piquanté Peppers<br><i>drain</i>                                                                     |
| 5g    | Fresh Coriander<br><i>rinse &amp; pick</i>                                                           |
| 100g  | Edamame Beans                                                                                        |
| 110ml | Stir-fry Sauce<br><i>(20ml Oyster Sauce, 30ml Low Sodium Soy Sauce &amp; 60ml Mrs Balls Chutney)</i> |
| 1     | Fresh Chilli<br><i>rinse, trim, deseed &amp; finely slice</i>                                        |

## From Your Kitchen

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

**1. AND WE'RE OFF!** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

**2. SIZZLING STRIPS** Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SOME PREP** Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

**4. STIR-FRY STARTER** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pak choi stems and fry until soft, 2-3 minutes (shifting occasionally).

**5. CAUSE A STIR(FRY)** When the stems are soft, add the browned beef strips, the halved pak choi leaves, the drained piquanté peppers, the cooked noodles, ½ the picked coriander, and the edamame beans to the pan. Fry until heated through, 2-3 minutes. Remove from the heat and toss through the stir-fry sauce. Season.

**6. ITADAKIMASU!** Dish up the fragrant beef stir-fry. Sprinkle over the sliced chilli (to taste), and the remaining coriander. Delish, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 622kJ   |
| Energy             | 149kcal |
| Protein            | 10.8g   |
| Carbs              | 16g     |
| of which sugars    | 6g      |
| Fibre              | 1.3g    |
| Fat                | 2.8g    |
| of which saturated | 0.8g    |
| Sodium             | 379mg   |

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy, Shellfish

Eat  
Within  
4 Days