



UCOOK

Muratie's Beef Stir-fry

with egg noodles, bell pepper & black sesame seeds

Cause an excited stir at the dinner table, with al dente egg noodles, seared beef strips, silky onion, crunchy green beans, & bell pepper strips, coated in an umami-rich UCOOK stir-fry sauce. Served with toasted black sesame seeds for that extra special touch.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Muratie Winery

Quick & Easy

Muratie Wine Estate | Muratie Melck's Blended Red 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
150g	Free-range Beef Strips
75g	Sliced Onion
80g	Sliced Green Beans <i>rinse</i>
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
50ml	Stir-fry Sauce <i>(10ml Rice Wine Vinegar, 30ml Low Sodium Soy Sauce, 5ml Sesame Oil & 5ml Coconut Sugar)</i>
5ml	Black Sesame Seeds

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving a cup of water, and rinse in cold water.

2. BROWNED BEEF STRIPS Place a large pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan.

3. VEG & STIR-FRY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion, the rinsed pepper, and the rinsed green beans until lightly golden but still crunchy, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, toss through the cooked noodles, the beef strips, and the stir-fry sauce. Remove from the heat and season.

4. DELISH Plate up the stir-fry and sprinkle over the sesame seeds. Dig in, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	7.8g
Carbs	12g
of which sugars	2.4g
Fibre	1.5g
Fat	2g
of which saturated	0.5g
Sodium	182mg

Allergens

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

Eat
Within
2 Days