



# U COOK

— COOKING MADE EASY

## TERIYAKI BEEF STIR FRY

with free-range beef rump, peanuts & kimchi

Practically no prep! Tons of Japanese-inspired flavour! A tantalising teriyaki sauce with oodles of rice noodles, sticky beef strips, and pak choi – all flecked with toasted peanuts and kimchi.

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**Hands-On Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 **Easy Peasy**

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## Ingredients & Prep

60g	Peanuts
200g	Flat Rice Noodles
600g	Pak Choi
20ml	Beef Stock
600g	Free-Range Beef Rump Strips
240ml	Sticky Teriyaki Sauce <i>(120ml Teriyaki Sauce, 60ml Soy Sauce &amp; 60ml Honey)</i>
120g	Kimchi

## From Your Kitchen

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

**1. TOASTY PEANUTS** Boil a full kettle. Place a large pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**2. GET THE NOODLES GOING** Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test and drain on completion. Toss through some oil to prevent sticking, replace the plate, and set aside to keep warm. Dilute the stock with 250ml of boiling water.

**3. PAK CHOI PREP** Trim the base off the pak choi and rinse the leaves well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Return the pan or wok to a medium heat with a drizzle of oil. When hot, fry the sliced pak choi stems for 3-4 minutes until slightly softened. Remove from the pan on completion.

**4. TERIYAKI BEEF** Return the pan to a medium-high heat with another drizzle of oil. Pat the beef strips dry with some paper towel. When the pan is hot, flash fry the beef for 3-4 minutes until browned but not cooked through, shifting as it colours. You may need to do this step in batches. On completion, return all of the beef strips to the pan. Stir in the Sticky Teriyaki Sauce and the diluted stock and allow to simmer for 4-5 minutes. Add the cooked noodles, fried pak choi stems, and fresh pak choi leaves. Cook for 2-3 minutes until the leaves have wilted, stirring regularly. Season to taste and remove from the heat on completion.

**5. WARM & SOULFUL** Dish up some bowls of saucy teriyaki beef noodles. Scatter over the kimchi (to taste) and garnish with the toasted peanuts. Time to dig in! Itadakimasu!



## Chef's Tip

The natural probiotic cultures in kimchi have major gut health benefits — and it's super tasty! Serve it as a side, use it as a flavourful addition to salads, or kick start your gut by adding kimchi to your eggs in the morning.

## Nutritional Information

Per 100g

Energy	635kJ
Energy	152Kcal
Protein	10.2g
Carbs	14g
of which sugars	4.2g
Fibre	0.9g
Fat	4.5g
of which saturated	1.3g
Sodium	732mg

## Allergens

Gluten, Allium, Peanuts, Wheat,  
Sulphites, Soy

Cook  
within  
4 Days