



UCOOK

Simple Black Pepper Beef Noodles

with peas & fresh basil

Not only will this recipe result in a delicious dinner, but you will learn a new foodie trick today, Chef! A beautiful black pepper sauce will be added to your culinary repertoire. With this dish, this creamy liquid coats al dente egg noodles, seared beef strips, pops of peas and fresh basil.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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Ingredients & Prep

1 cake	Egg Noodles
150g	Beef Strips
1	Garlic Clove <i>peel & grate</i>
20ml	Black Pepper Mix <i>(5ml Crushed Black Peppercorns, 5ml NOMU Italian Rub & 10ml Self-raising Flour)</i>
50ml	Low Fat UHT Milk
40g	Peas
5g	Fresh Basil <i>rinse, pick & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

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, reserve the water, and rinse in cold water.

2. BROWNED BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. BLACK PEPPER SAUCE Return the pan to medium heat with 20g of butter and a drizzle of oil. When hot, fry the grated garlic, and the black pepper mix until fragrant, 1-2 minutes. Whisk in 100ml of the reserved water and the milk. Simmer until thickening, 4-5 minutes. Mix in the noodles, the beef strips, the peas, and ½ of the sliced basil. Loosen with a splash of water if it's too thick. Remove from the heat and season.

4. GRAB THOSE CHOPSTICKS Bowl up the creamy noodles, garnish with the remaining basil, and dig in, Chef!

Nutritional Information

Per 100g

Energy	706kj
Energy	169kcal
Protein	15.2g
Carbs	20g
of which sugars	1.8g
Fibre	1.4g
Fat	2.7g
of which saturated	1g
Sodium	273mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days