



UCOOK

GOOD FOOD | GOOD PEOPLE

One-Pan Beef Stir Fry

with cashew nuts, pickled ginger & tamari

A one-pan winner of a dinner that ticks all the boxes: gluten-conscious, quick 'n easy, carb conscious, and totally scrumptious! Vibrant veg and tender strips of beef in a tamari, sesame oil, and honey sauce, spiced with sriracha and zooted up with lime.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

20g	Cashew Nuts
300g	Free-Range Beef Schnitzel (without crumb)
200g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Onion <i>peeled & thinly sliced</i>
15ml	NOMU Oriental Rub
70ml	Tamari-Sesame <i>(15ml Sesame Oil, 15ml Honey & 40ml Tamari)</i>
200g	Shredded Red Cabbage & Julienne Carrot
30ml	Sriracha
2	Lime <i>zested & cut into wedges</i>
20g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. TOAST THE CASHEW NUTS Place a pan or wok over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan or wok on completion and set aside. Roughly chop when cool enough to handle.

2. SEAL THE BEEF Pat the beef dry with some paper towel and cut into 2cm thick strips. Return the pan or wok to a high heat with a drizzle of oil. When hot, sear the beef strips for 3-4 minutes, shifting as they colour, until browned but not cooked through. Remove from the pan or wok on completion and set aside.

3. STIR FRY TIME! Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the sliced green beans and onion for 4-5 minutes until softened, shifting occasionally. Add the Oriental Rub to taste and sauté for a minute until fragrant. Pour in the tamari-sesame sauce and simmer for about a minute, stirring continuously. Add in the cabbage and carrot and fry for 2-3 minutes, tossing continuously, until slightly wilted but still crunchy. Return the beef strips to the pan or wok and stir in the sriracha to taste. Toss for a further 1-2 minutes until the beef is cooked through and evenly coated. Finish off with a pinch of lime zest and the juice of 4 lime wedges. Stir to combine, remove from the heat, and season to taste.

4. EASY PEASY LIME SQUEEZY! Time to bowl up this one-pan wonder. Dish up some beef stir fry, sprinkle over the chopped cashews, and garnish with the chopped, pickled ginger. If you'd like, top with any remaining sriracha, lime zest, and pan juices to taste. Serve with a lime wedge on the side – and there you have it!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	404kJ
Energy	97Kcal
Protein	8.2g
Carbs	8g
of which sugars	4.4g
Fibre	2g
Fat	3.2g
of which saturated	0.7g
Sodium	373mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts,
Soy

Cook
within 3
Days