



U C O O K

— 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.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

15g	Peanuts
50g	Flat Rice Noodles
150g	Pak Choi
5ml	Beef Stock
150g	Free-Range Beef Rump Strips
60ml	Sticky Teriyaki Sauce (30ml Teriyaki Sauce, 15ml Soy Sauce & 15ml Honey)
30g	Kimchi

From Your Kitchen

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

1. TOASTY PEANUTS Boil the kettle. Place a 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 100ml 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 2-3 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 1-2 minutes until browned but not cooked through, shifting as it colours. Stir in the Sticky Teriyaki Sauce and the diluted stock and allow to simmer for 2-3 minutes. Add the cooked noodles, fried pak choi stems, and fresh pak choi leaves. Cook for 1-2 minutes until the leaves have wilted, stirring regularly. Season to taste and remove from the heat on completion.

5. WARM & SOULFUL Dish up a bowl 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