



UCCOOK

Yakisoba Beef Stir-fry

with fresh coriander & edamame beans

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Bertha Wines | Bertha Shiraz

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 622kJ | 2767kJ |
| Energy | 149kcal | 662kcal |
| Protein | 10.8g | 48g |
| Carbs | 16g | 73g |
| of which sugars | 6g | 26.6g |
| Fibre | 1.3g | 5.9g |
| Fat | 2.8g | 12.5g |
| of which saturated | 0.8g | 3.4g |
| Sodium | 379mg | 1688mg |

Allergens: Gluten, Wheat, Sulphites, Soy, Shellfish

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 150g | 200g | Soba Noodles |
| 450g | 600g | Beef Rump Strips |
| 300g | 400g | Pak Choi <i>trim at the base</i> |
| 60g | 80g | Piquanté Peppers <i>drain</i> |
| 8g | 10g | Fresh Coriander <i>rinse & pick</i> |
| 150g | 200g | Edamame Beans |
| 165ml | 220ml | Stir-fry Sauce <i>(30ml [40ml] Oyster Sauce, 45ml [60ml] Low Sodium Soy Sauce & 90ml [120ml] Mrs Balls Chutney)</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. AND WE'RE OFF! Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. SIZZLING STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes (shifting occasionally). You may need to do this in batches. Remove from the pan and set aside.

3. SOME PREP Separate the leaves of the pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. STIR-FRY STARTER Return the pan to a medium-high heat with a drizzle of oil. Add the pak choi stems and fry until soft, 2-3 minutes (shifting occasionally).

5. CAUSE A STIR(FRY) When the stems are soft, add back the beef strips, the pak choi leaves, the piquanté peppers, the noodles, ½ the coriander, and the edamame beans to the pan. Fry until heated through, 3-4 minutes. Remove from the heat and toss through the stir-fry sauce. Season.

6. ITADAKIMASU! Dish up the fragrant beef stir-fry. Sprinkle over the chilli (to taste) and the remaining coriander. Delish, Chef!