

Eat Within 4 Days

UCOOK

Grilled Beef & Mentsuyu Egg Noodles

with pickled cabbage & an edamame & carrot salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	578kJ	3398kJ
Energy	138kcal	813kcal
Protein	9g	52.6g
Carbs	13g	76g
of which sugars	2.7g	15.9g
Fibre	1.5g	8.7g
Fat	3.5g	20.5g
of which saturated	0.9g	5.3g
Sodium	428mg	2513mg

Allergens: Sulphites, Shellfish, Egg, Fish, Gluten, Sesame, Wheat, Cow's Milk, Alcohol, Soya

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
125ml	160ml	Rice Wine Vinegar
200g	200g	Cabbage *rinse & thinly slice ¾ [all]*
90ml	125ml	Low Sodium Soy Sauce
15ml	20ml	Sesame Oil
90g	120g	Edamame Beans
240g	240g	Carrot *rinse, trim, peel & grate ¾ [all]*
90ml	120ml	Mirin & Wine Mix *(45ml [60ml] Mirin, 45ml [60ml] White Wine)*
30ml	40ml	Dashi Granules
480g	640g	Beef Rump
45g	60g	Pickled Ginger
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
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 and rinse in cold water.

2. PICKLED CABBAGE In a bowl, combine ¾ of the rice wine vinegar, and 15ml [20ml] of a sweetener. Mix until everything is well combined, then add in the cabbage. Season and set aside in the fridge.

3. COLOURFUL COMBO In a separate bowl, combine the remaining rice wine vinegar, ¼ of the soy sauce, sweetener of your choice (to taste) and the sesame oil. Season and set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the edamame until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and add to the bowl with the soy sauce mix along with the carrots. Toss until everything is well combined and evenly coated in the dressing. Set aside in the fridge.

4. MENTSUYU SAUCE In a pot, add the remaining soy sauce, mirin & wine mix, dashi, and 120ml [160ml] of water. Bring this mixture to a gentle boil on medium-low heat for 3-4 minutes while stirring occasionally. Remove from the heat, season (if necessary) and set aside to cool.

5. BUTTER-BASTED STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SAVOUR THE UMAMI Plate the egg noodles with the sliced beef alongside them. Place the pickled cabbage, pickled ginger, edamame & carrot salad alongside the beef and noodles, Buddha-bowl style. Add the mentsuyu in a sauce bowl on the side to use for dipping. Dinner is ready, Chef!

Chef's Tip Cold-rinsing your egg noodles isn't just for cooling them down. It gives them that deliciously springy texture and stops them from turning soggy in the dipping sauce.