



# UCCOOK

## Gochujang Beef Noodles

with kewpie mayo & edamame beans

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Sarah Hewitt

**Wine Pairing:** Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	736kJ	3677kJ
Energy	176kcal	880kcal
Protein	10.8g	53.9g
Carbs	16g	81g
of which sugars	3.7g	18.4g
Fibre	1.6g	7.8g
Fat	6.8g	34g
of which saturated	0.7g	3.5g
Sodium	266mg	1329mg

**Allergens:** Sulphites, Egg, Gluten, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
150g	200g	Edamame Beans
15ml	20ml	White Sesame Seeds
450g	600g	Beef Schnitzel (without crumb) <i>pat dry &amp; cut into strips</i>
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
30g	40g	Fresh Ginger <i>peel &amp; grate</i>
360g	480g	Carrot <i>rinse, trim &amp; cut into matchsticks</i>
150ml	250ml	Gochujang Sauce Mix <i>(15ml [20ml] Gochujang, 75ml [150ml] Soy Sauce, 22.5ml [30ml] Rice Wine Vinegar, 7.5ml [10ml] Sesame Oil &amp; 30ml [40ml] Sugar)</i>
90ml	125ml	Kewpie Mayo

## From Your Kitchen

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

**1. NOODLES & BEANS** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and toss through a drizzle of olive oil. In the final minute, add the edamame beans until plump.

**2. TOAST & SEAR** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to high heat with a drizzle of oil. Fry the beef until golden, 20-30 seconds a side. You may need to do this step in batches. Remove from the pan, season and set aside.

**3. MOUTHWATERING MIX** Return the pan to medium high heat with a drizzle of oil (if necessary). Fry the carrot until slightly cooked but still crunchy, 4-5 minutes (shifting occasionally). Add the spring onion whites, garlic, ginger and carrot until fragrant, 1-2 minutes. Turn down the heat and add the gochujang sauce mix and 150ml [200ml] of water. Cook for 2-3 minutes. Add the noodles and edamame beans, tossing the noodles to coat in the gochujang sauce. Remove the pan from the heat and mix through the beef strips.

**4. TIME TO EAT** Bowl up the gochujang noodles. Drizzle over the kewpie mayo and finish off with the sesame seeds and spring onion greens. Tuck in, Chef!