



# UCOOK

## Chinese Pepper Beef Stir-fry

**with egg noodles, red bell pepper &  
crushed black pepper**

Tender beef strips are stir-fried in a honey-soy black pepper sauce with red bell peppers, onions & crunchy green beans, all mixed with stringy egg noodles. Garnished with sesame seeds & fresh coriander. Our takeaway? It's better than getting takeaways!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Paserene | Midnight Cabernet Sauvignon

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## Ingredients & Prep

4 cakes	Egg Noodles
130ml	Stir-fry Sauce <i>(100ml Low Sodium Soy Sauce &amp; 30ml Honey)</i>
20ml	Cornflour
20ml	Crushed Black Pepper
600g	Free-range Beef Strips
2	Red Bell Peppers <i>rinsed, deseeded &amp; cut into strips</i>
320g	Green Beans <i>rinsed, trimmed &amp; halved</i>
2	Onions <i>peeled &amp; roughly sliced</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
40g	Fresh Ginger <i>peeled &amp; grated</i>
40ml	White Sesame Seeds
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. START WITH THE FOUNDATION** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. SAUCE STATION** In a bowl, combine the stir-fry sauce, the cornflour, the crushed pepper (to taste), and 60ml of water. Mix until the cornflour is dissolved.

**3. SIZZLING, CHEF!** Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the beef strips and fry until browned, 1-2 minutes (shifting halfway). Remove from the pan and set aside.

**4. STIR-FRY VEG** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pepper strips, the halved green beans, and the sliced onion. Fry until slightly softened, 4-5 minutes (shifting occasionally). Add the grated garlic & ginger and fry until fragrant, 1-2 minutes (shifting frequently).

**5. ALMOST THERE** When the garlic is fragrant, reduce the heat slightly and pour in the pepper stir-fry sauce. Bring to a simmer and then remove from the heat (stirring constantly). Toss through the cooked beef and the cooked noodles. Season, if necessary.

**6. DELISH!** Dish up the pepper stir-fry. Sprinkle over the sesame seeds and the chopped coriander. Good job, Chef!



## Chef's Tip

If you would like to toast the sesame seeds, place them in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	444kJ
Energy	106kcal
Protein	8.6g
Carbs	14g
of which sugars	3.2g
Fibre	1.5g
Fat	1.6g
of which saturated	0.5g
Sodium	228mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat,  
Soy

Cook  
within 3  
Days