



UCOOK

Muratie's Beef Stir-fry

with egg noodles, bell pepper & black sesame seeds

Cause an excited stir at the dinner table, with al dente egg noodles, seared beef strips, silky onion, crunchy green beans, & bell pepper strips, coated in an umami-rich UCOOK stir-fry sauce. Served with toasted black sesame seeds for that extra special touch.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Muratie Winery

Quick & Easy

Muratie Wine Estate | Muratie Melck's Blended Red 2020

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Ingredients & Prep

3 cakes	Egg Noodles
450g	Free-range Beef Strips
150g	Sliced Onion
240g	Sliced Green Beans <i>rinse</i>
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
150ml	Stir-fry Sauce <i>(30ml Rice Wine Vinegar, 90ml Low Sodium Soy Sauce, 15ml Sesame Oil & 15ml Coconut Sugar)</i>
15ml	Black Sesame Seeds

From Your Kitchen

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

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, reserving a cup of water, and rinse in cold water.

2. BROWNED BEEF STRIPS Place a large pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan. You may need to do this step in batches.

3. VEG & STIR-FRY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion, the rinsed pepper, and the rinsed green beans until lightly golden but still crunchy, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, toss through the cooked noodles, the beef strips, and the stir-fry sauce. Remove from the heat and season.

4. DELISH Plate up the stir-fry and sprinkle over the sesame seeds. Dig in, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	7.8g
Carbs	12g
of which sugars	2.4g
Fibre	1.5g
Fat	2g
of which saturated	0.5g
Sodium	182mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
2 Days