



UCOOK

Peanut Beef Rump & Noodles

with sliced cabbage, carrots & jalapeño relish

A sensational Asian-inspired stir-fry dish with intertwined flavours and textures of crunchy cabbage & carrots, salty peanuts, al dente egg noodles, strips of seasoned rump slices, jalapeño relish and sweet piquanté peppers. A mouthwatering culinary mix and match, Chef!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Offen

 Quick & Easy

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
10g	Fresh Ginger <i>peeled & grated</i>
120g	Carrot <i>trimmed, peeled & grated</i>
100g	Cabbage <i>thinly sliced</i>
20g	Sweet Piquanté Peppers <i>drained & roughly chopped</i>
15g	Jalapeño Relish
160g	Free-range Beef Rump
15g	Peanuts <i>roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. COOK THE NOODLES 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. STIR-FRY Place a pan over medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated ginger until fragrant, 30-60 seconds. Add the grated carrot, the sliced cabbage, and fry until slightly wilted but still crunchy, 1-2 minutes. Add the cooked noodles, the chopped peppers, the jalapeño relish, and mix to combine. Remove from the heat and season.

3. PEANUT BEEF 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, add the chopped peanuts and a knob of butter. Remove from the pan, set the peanuts aside and let the meat rest for 5 minutes before slicing and seasoning.

4. DINNER IS SERVED Plate up the loaded stir-fry, top with the beef slices, the nuts, and garnish with a sprinkle of the chopped coriander.

Nutritional Information

Per 100g

Energy	652kJ
Energy	156kcal
Protein	9.7g
Carbs	14g
of which sugars	3.6g
Fibre	1.7g
Fat	4.1g
of which saturated	1.1g
Sodium	81mg

Allergens

Egg, Gluten, Dairy, Allium, Peanuts, Wheat, Sulphites

Cook
within
4 Days