



UCCOOK

Beef Shanghai Noodles

with mushrooms, pickled spring onion & sesame seeds


Marinated beef strips tossed through silky noodles, doused in a sweet oyster and soy sauce dressing, jumbled with mushrooms, pak choi, spring onions and black sesame seeds. Delicious!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 No paired wines

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Ingredients & Prep

450g	Free-range Beef Schnitzel (without crumb) <i>pat dry & sliced into thin strips</i>
90ml	Low Sodium Soy Sauce
30ml	Cornflour
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
45ml	Shaoxing Wine
3 cakes	Egg Noodles
15ml	Black Sesame Seeds
300g	Pak Choi <i>trimmed at the base</i>
375g	Button Mushrooms <i>wiped clean & roughly quartered</i>
3	Garlic Cloves <i>peeled & grated</i>
75ml	Sweet Oyster Sauce <i>(45ml Oyster Sauce & 30ml Mirin)</i>

From Your Kitchen

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

1. MARINATE & PICKLE In a bowl, add the beef strips, ½ the soy sauce, and the cornflour. Toss to combine and set aside to marinate. In a separate bowl, place the spring onion greens. Pour in the Shaoxing wine and set aside to pickle.

2. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

3. TOASTY SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion. Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. BROWNED BEEF Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the marinated beef for 1-2 minutes, until browned, shifting occasionally. You may need to do this step in batches. Remove from the pan on completion.

5. ALL TOGETHER NOW Return the pan to a medium heat with a drizzle of oil, if necessary. When hot, fry the quartered mushrooms for 4-5 minutes until soft and golden, shifting as they colour. You may need to do this step in batches, adding more oil in between batches. Return them to the pan and add the pak choi stems and the spring onion whites, and fry for 2-3 minutes until softened. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the pak choi leaves, the remaining soy sauce, the sweet oyster sauce, the cooked noodles and the browned beef. Cook for 3-4 minutes until warmed through. Season with the Shaoxing wine from the pickled spring onions (to taste).

6. BOWL UP! Bowl up the glossy noodle stir fry. Garnish with the black sesame seeds and the pickled spring onion greens. Tuck in!



Chef's Tip

Pak Choi contains iron, phosphorous, calcium, magnesium, zinc, and vitamin K, which all contribute to bone structure and strength.

Nutritional Information

Per 100g

Energy	444kj
Energy	106Kcal
Protein	9.9g
Carbs	12g
of which sugars	2g
Fibre	1.1g
Fat	1.6g
of which saturated	0.5g
Sodium	396mg

Allergens

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

Cook
within
4 Days