



QCOOK

Gochujang Beef Noodles

with kewpie mayo & edamame beans

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

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 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
50g	100g	Edamame Beans
5ml	10ml	White Sesame Seeds
150g	300g	Beef Schnitzel (without crumb) <i>pat dry & cut into strips</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
120g	240g	Carrot <i>rinse, trim & cut into matchsticks</i>
50ml	100ml	Gochujang Sauce Mix <i>(5ml [10ml] Gochujang, 25ml [50ml] Soy Sauce, 7.5ml [15ml] Rice Wine Vinegar, 2.5ml [5ml] Sesame Oil & 10ml [20ml] Sugar)</i>
30ml	60ml	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. 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, 2-3 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 50ml [100ml] of water. Cook for 1-2 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!