

UCOOK

Waterkloof's Asian Beef Stir-fry

with chopped peanuts, lemon & chilli

A noodle-free stir-fry loaded with cabbage, carrot, onion, green beans, and tender beef chunks. It is doused in a tasty Asian peanut butter sauce and sprinkled with chopped peanuts and chilli flakes. This dish has it all: flavour, crunch and spice!

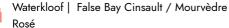
Hands-on Time: 25 minutes Overall Time: 40 minutes

Serves: 2 People

Chef: Waterkloof Wine Farm



Carb Conscious



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Ingredients & Prep 60ml Asian Sauce (40ml Tamari & 20ml Fish Sauce) 60ml Peanut Butter Garlic Clove peeled & grated 10ml Dried Chilli Flakes 1 Lemon rinsed & cut into wedges 300g Pasture-raised Angus Beef Chunks cut into bite-sized pieces Onion peeled & cut into thick slices 160g Green Beans rinsed, trimmed & sliced

1 Onion
peeled & cut into thick
slices
160g Green Beans
rinsed, trimmed & sliced
into thirds
200g Cabbage
rinsed & finely sliced
120g Carrot
rinsed, trimmed, peeled &
grated
20g Peanuts
roughly chopped

From Your Kitchen

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

Sugar/Sweetener/Honey Paper Towel

- 1. ASIAN SAUCE In a bowl, combine the Asian sauce, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the juice from 2 lemon wedges (to taste), 20ml of sweetener, and 60ml of water. Set aside
- 2. BROWN THE BEEF Place a pan or wok over medium-high heat with a drizzle of oil. Pat the beef chunks dry with paper towel. When hot, sear the beef until browned, 2-3 minutes (shifting occasionally). Remove from the pan, set aside, and season.
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 3. ALL TOGETHER NOW! Return the pan or wok to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 3-4 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 2-3 minutes (shifting occasionally). Add the sliced cabbage

and the grated carrot, and fry until slightly softened but still crunchy,

2-3 minutes (shifting occasionally). Add the browned beef and the Asian

peanut sauce and toss until fully combined. Leave to simmer until slightly

reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water

if the sauce reduces too quickly. Remove from the heat and season.

4. YES TO YUM! Plate up the steaming stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Serve any remaining lemon wedges on the side. Dive in!

Nutritional Information

Per 100g

Energy Energy

402kl

96kcal

8.4g

2.9g

2.1g

3.8g

0.8g

388mg

6g

Protein Carbs

Carbs
of which sugars
Fibre

Fat of whic

of which saturated Sodium

Allergens

Allium, Peanuts, Fish, Soy, Shellfish

within 4 Days

Cook