



UCOOK

Egg Noodles & Teriyaki-style Beef

with carrot & cucumber

Al dente egg noodles are coated in a special UCOOK teriyaki sauce, together with NOMU Oriental-spiced beef mince and carrot ribbons. Finished with fresh cucumber matchsticks to complete a meal that no-one will be able to match, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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

Ingredients & Prep

2 cakes	Egg Noodles
300g	Beef Mince
10ml	NOMU Oriental Rub
1	Onion <i>peel & roughly slice</i>
240g	Carrot <i>rinse, trim, & peel into ribbons</i>
50ml	Teriyaki Sauce <i>(30ml Sweet Chilli Sauce & 20ml Low Sodium Soy Sauce)</i>
200g	Cucumber <i>rinse & cut into thin matchsticks</i>

From Your Kitchen

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

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 and rinse with cold water.

2. ORIENTAL MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TERRIFIC TERIYAKI Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until browned, 5-6 minutes. Add the carrot ribbons, and fry until softening, 2-3 minutes (shifting occasionally). Toss through the cooked noodles, the cooked mince, the teriyaki sauce, and seasoning.

4. GREAT WORK, CHEF! Dish up the beef noodles and top with the cucumber matchsticks.

Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	6.3g
Carbs	24g
of which sugars	3.5g
Fibre	1.2g
Fat	5.2g
of which saturated	2g
Sodium	164mg

Allergens

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

Eat
Within
3 Days