



UCOOK

Szechuan Beef 'Noodle' Salad

with carrot ribbons, fresh mint & peanuts

This spicy beef salad proves that healthy eating doesn't have to be boring. On a bed of vibrant carrot 'noodles' rests succulent beef strips, which will wake up your taste buds with a mouthwatering marinade of lime, garlic, soy and a kick of szechuan peppercorn. You will never look at a garden variety salad again!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

15ml	Szechuan Peppercorns
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
60ml	Low Sodium Soy Sauce
30ml	Lime Juice
450g	Free-range Beef Rump Strips <i>pat dry</i>
45g	Peanuts
480g	Carrot <i>rinsed, trimmed & peeled into ribbons or grated</i>
300g	Cabbage <i>thinly sliced</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
12g	Fresh Mint <i>rinsed, picked & finely sliced</i>
2	Onions <i>1½ peeled & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Blender (optional)
Sugar/Sweetener/Honey

1. MAKE THE PASTE Using the back of a spoon, crush the peppercorns. In a bowl, combine the crushed peppercorns (to taste), the grated garlic, the sliced chilli (to taste), ½ the soy sauce, 15ml of a sweetener of choice, and ½ of the lime juice. Alternatively, place all the ingredients in a blender and pulse until combined. Add the beef strips and toss until coated.

2. PEANUTTY PERFECTION Place the peanuts in a pan over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

3. A FRESH TAKE In a bowl, combine the grated or ribboned carrot, the sliced cabbage, a drizzle of oil, the spring onion whites, seasoning, and ½ the sliced mint. Set aside.

4. MARINATION STATION Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 5-7 minutes until soft, shifting occasionally. Add the beef strips and the marinade and fry for 1-2 minutes per side until browned. Set aside to rest.

5. DRESSED TO THE NINES In a small bowl, combine the remaining soy sauce and lime juice, seasoning, and any remaining pan juices.

6. OODLES OF NOODLES Plate up the carrot 'noodles' and top with the juicy beef and onions. Drizzle over the zingy soy dressing and scatter over the toasted peanuts. Garnish with the remaining mint and spring onion greens. Time to enjoy, Chef!

Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	6.7g
Carbs	7g
of which sugars	3.2g
Fibre	2.2g
Fat	2.8g
of which saturated	0.7g
Sodium	145mg

Allergens

Gluten, Allium, Peanuts, Wheat, Soy

Cook
within
4 Days