

UCCOOK

Sweet Soy Beef Bowl

with rice noodles

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info

	Per 100g	Per Portion
Energy	315kJ	1930kJ
Energy	75kcal	462kcal
Protein	7.6g	46.3g
Carbs	10g	58g
of which sugars	1g	8g
Fibre	2g	9g
Fat	1.2g	7.6g
of which saturated	0.5g	3.3g
Sodium	132.8mg	814mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
150g	200g	Flat Rice Noodles
450g		Beef Strips
15ml	20ml	Smoked Paprika
2	2	Bell Peppers <i>rinse, deseed & cut into strips</i>
300g	400g	Pak Choi <i>trim at the base</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Sweet Soy <i>(120ml [160ml] Carb Smart Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PAPRIKA BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel and spice with the paprika. When hot, fry the beef strips and until browned, 20-30 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

3. ADD SOME COLOUR Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pan to medium heat, with a drizzle of oil (if necessary). Fry the pepper and the pak choi stems until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the pak choi leaves and the ginger and fry until fragrant, 1-2 minutes.

4. ENJOY To the pan, add the rice noodles (drained) and the beef strips and stir through the sweet soy sauce. Toss constantly, and cook until everything has warmed through. Dish up the loaded noodles and dig in, Chef!