



UCOOK

Waterkloof's Asian Beef Stir-fry

with chopped peanuts, lemon & chilli flakes

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: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Waterkloof Wine Farm

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

90ml	Asian Sauce <i>(60ml Tamari & 30ml Fish Sauce)</i>
85ml	Peanut Butter
2	Garlic Cloves <i>peeled & grated</i>
15ml	Dried Chilli Flakes
2	Lemons <i>rinsed & 1½ cut into wedges</i>
450g	Pasture-raised Angus Beef Chunks <i>cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & cut into thick slices</i>
240g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
300g	Cabbage <i>rinsed & finely sliced</i>
240g	Carrot <i>¾ rinsed, trimmed, peeled & grated</i>
30g	Peanuts <i>roughly chopped</i>

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 3 lemon wedges (to taste), 30ml of sweetener, and 90ml 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, 3-4 minutes (shifting occasionally). Remove from the pan, set aside, and season. You may need to do this step in batches.

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, 4-5 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the sliced cabbage and the grated carrot, and fry until slightly softened but still crunchy, 3-4 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	402kj
Energy	96kcal
Protein	8.4g
Carbs	6g
of which sugars	2.9g
Fibre	2.1g
Fat	3.8g
of which saturated	0.8g
Sodium	388mg

Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Cook
within
4 Days