



# UCOOK

## Spicy Peanut Beef

with broccoli & fresh coriander

Tonight you will be feasting on the fragrant flavours of Thai cuisine. Lightly charred broccoli & browned beef strips swim in an aromatic coconut milk broth, elevated with lemon juice, soy sauce, peanut butter, and red curry paste. Your new go-to dinner from now on, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Painted Wolf Wines | The Pack Darius Carignan 2020

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## Ingredients & Prep

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400g	Broccoli Florets <i>rinse &amp; cut into bite-sized pieces</i>
20ml	NOMU Beef Rub
600g	Free-range Beef Strips
40ml	Red Curry Paste
40ml	Dried Chilli Flakes
60ml	Lemon Juice
20ml	Low Sodium Soy Sauce
400ml	Coconut Milk
10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
60ml	Peanut Butter
240g	Borlotti Beans <i>drain &amp; rinse</i>

## From Your Kitchen

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

**1. ROC ON WITH THE BROCC** Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water and ½ the NOMU rub, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

**2. BROWNE BEEF** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

**3. HURRY WITH THE CURRY** Return the pan to medium heat with a drizzle of oil. When hot, add the curry paste (to taste), the chilli flakes (to taste), and the remaining NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

**4. ZESTY-SOY COCONUT MILK** Add the lemon juice, the soy sauce, a sweetener, the coconut milk, 400ml of warm water, and ½ the chopped coriander to the pan. Mix until combined. Reduce the heat and simmer until slightly reduced and thickened, 6-10 minutes (stirring occasionally).

**5. ALMOST DONE** When the sauce has 2-3 minutes remaining, stir through the peanut butter, the drained borlotti beans, and the cooked beef. Remove from the heat, add ½ the broccoli, and season.

**6. TO THAI FOR** Bowl up the Thai peanut beef and top with the remaining broccoli. Garnish with the remaining coriander. Tuck in, Chef!

## Nutritional Information

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Per 100g

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Energy	507kJ
Energy	121kcal
Protein	10.3g
Carbs	7g
of which sugars	1.1g
Fibre	1.9g
Fat	5.8g
of which saturated	3.4g
Sodium	242mg

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## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook  
within 3  
Days