

UCCOOK

Seared Beef Patty & Silken Miso Broth

with edamame beans & mushrooms

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	719kJ	3218kJ
Energy	172kcal	770kcal
Protein	10.1g	45.1g
Carbs	16g	72g
of which sugars	2.4g	10.6g
Fibre	2g	8.8g
Fat	7.8g	34.9g
of which saturated	2.6g	11.7g
Sodium	422mg	1888mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Alcohol, Soya, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Soba Noodles
5ml	10ml	Dashi Stock Granules
125g	250g	Shimeji Mushrooms <i>trim at the base</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15ml	30ml	Miso Paste
40g	80g	Edamame Beans
	300g	Beef Patties
20ml	40ml	Umami Basting <i>(7.5ml [15ml] Soy Sauce, 5ml [10ml] Mirin, 5ml [10ml] Vinegar, & 2.5ml [5ml] Sesame Oil)</i>
5ml	10ml	Sesame & Chilli <i>(2.5ml [5ml] Sesame Seeds & 2.5ml [5ml] Chilli Flakes)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s (optional)

1. NOODLES Boil the kettle. Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain, rinse in cold water, and set aside in a bowl.

2. MUSHROOMS Dilute the dashi with 250ml [500ml] of warm water. Return the pot to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 4-6 minutes (shifting occasionally). Remove from the pot and season.

3. BROTH Return the pot to medium heat with a drizzle of oil if necessary. Fry the garlic, ginger, and spring onion whites until fragrant, 1-2 minutes. Lower the heat, add the diluted dashi, and whisk in the miso until combined. Add the noodles, edamame beans, and the mushrooms. Simmer until warmed through, 2-3 minutes. Remove from the heat and season (to taste).

4. BEEF PATTY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patty [patties] until browned and cooked to your preference, 3-4 minutes per side. In the final 30-60 seconds, baste with the umami basting. Remove from the pan.

5. OPTIONAL STEP Bring a pot of water to the boil for the egg/s. When the water is boiling, cook the egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

6. TIME TO EAT Bowl up a generous helping of the noodle and mushroom broth. Top with patty/ies and the egg/s if used. Sprinkle over the spring onion greens, and sesame & chilli (to taste). Wow, Chef!