



UCOOK

Peanut Beef Rump & Noodles

with sliced cabbage, carrots & jalapeño relish

A sensational Asian-inspired stir-fry dish with intertwined flavours and textures of crunchy cabbage & carrots, salty peanuts, al dente egg noodles, strips of seasoned rump slices, jalapeño relish and sweet piquanté peppers. A mouthwatering culinary mix and match, Chef!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Morgan Offen

 Quick & Easy

 Waterkloof | False Bay Cinsault / Mourvèdre
Rosé

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Ingredients & Prep

| | |
|---------|--|
| 2 cakes | Egg Noodles |
| 20g | Fresh Ginger <i>peeled & grated</i> |
| 240g | Carrot <i>trimmed, peeled & grated</i> |
| 200g | Cabbage <i>thinly sliced</i> |
| 40g | Sweet Piquanté Peppers <i>drained & roughly chopped</i> |
| 30ml | Jalapeño Relish |
| 320g | Free-range Beef Rump |
| 30g | Peanuts <i>roughly chopped</i> |
| 8g | Fresh Coriander <i>rinsed, picked & roughly chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. COOK THE NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. STIR-FRY Place a pan over medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated ginger until fragrant, 30-60 seconds. Add the grated carrot, the sliced cabbage, and fry until slightly wilted but still crunchy, 1-2 minutes. Add the cooked noodles, the chopped peppers, the jalapeño relish, and mix to combine. Remove from the heat and season.

3. PEANUT BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, add the chopped peanuts and a knob of butter. Remove from the pan, set the peanuts aside and let the meat rest for 5 minutes before slicing and seasoning.

4. DINNER IS SERVED Plate up the loaded stir-fry, top with the beef slices, the nuts, and garnish with a sprinkle of the chopped coriander.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 652kJ |
| Energy | 156kcal |
| Protein | 9.7g |
| Carbs | 14g |
| of which sugars | 3.6g |
| Fibre | 1.7g |
| Fat | 4.1g |
| of which saturated | 1.1g |
| Sodium | 81mg |

Allergens

Egg, Gluten, Dairy, Allium, Peanuts,
Wheat, Sulphites

Cook
within
4 Days