

UCCOOK

Japanese Beef Stir-fry

with vermicelli noodles

Hands-on Time: 30 minutes

Overall Time: 40 minutes

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

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	348kJ	1959kJ
Energy	83kcal	468kcal
Protein	8.2g	46g
Carbs	10g	55g
of which sugars	1g	8g
Fibre	2g	9g
Fat	1.5g	8.7g
of which saturated	0.6g	3.4g
Sodium	186.5mg	1048.4mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Vermicelli Rice Noodles
15ml	20ml	White Sesame Seeds
450g	600g	Beef Strips
3	4	Bell Peppers <i>rinse, deseed & cut into strips</i>
3	4	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
150ml	200ml	Stir-fry Sauce <i>(30ml [40ml] Low Sodium Soy Sauce, 90ml [120ml] Carb Smart Sweet Chilli Sauce & 30ml [40ml] Rice Wine Vinegar)</i>
120g		Spinach 120g (deveined and shredded) <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Tinfoil
Cling Wrap
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, 3-5 minutes. Drain and rinse in cold water.

2. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SEARED BEEF STRIPS Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

4. BELL PEPPER FRY-UP Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper and the spring onion whites until lightly charred, 3-4 minutes (shifting occasionally).

5. SAUCY STIR-FRY Once the noodles are ready, add them to the pepper along with the stir-fry sauce, the spinach, and the beef strips. Return the pan to medium heat and mix until the spinach is wilted, 1-2 minutes.

6. WELL DONE Bowl up the noodles. Garnish with a sprinkle of the toasted sesame and the spring onion greens. Enjoy your dinner, Chef!