

UCCOOK

Brilliant Beef Tataki

with fried garlic & vermicelli noodles

Fine dining from the comfort of your home – a real treat comes in the form of this beef tataki! Served with vermicelli noodles, crumbled nori, crispy fried garlic & ginger slices, and steamy pak choi. There's nothing you won't love about this delectable dish.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Hannah Duxbury

♥ Health Nut

🍷 Niel Joubert | Blanc de Noir

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Ingredients & Prep

2	Garlic Cloves <i>peeled & thinly sliced</i>
40g	Fresh Ginger <i>peeled & thinly sliced</i>
400g	Edamame Beans <i>shells removed</i>
2	Nori Sheets
200g	Rice Vermicelli Noodles
160ml	Tataki Dressing <i>(80ml Low Sodium Soy Sauce & 80ml Ponzu Sauce)</i>
400g	Pak Choi <i>rinsed</i>
600g	Free-range Beef Fillet
80g	Radish <i>rinsed & sliced into thin rounds</i>
20ml	Black Sesame Seeds

From Your Kitchen

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

1. CRISPY GARLIC & GINGER Boil a full kettle. Place a pot over a medium-high heat with the sliced garlic and ginger. Pour in enough milk to just cover the garlic and ginger. Bring to a boil. Once boiling, remove from the heat, drain, and rinse under cold water. Return the pot, wiped down, to a medium-high heat with enough oil to cover the base. When hot, carefully fry the sliced ginger for 1-2 minutes per side. In the final minute, add the sliced garlic and fry until golden. Drain on some paper towel.

2. GREAT GREENS & NORI Place the shelled edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion. Place a pan over high heat. When hot, add the nori sheets and fry for 2-3 minutes per side. Remove from the pan and set aside. You may need to do this in batches.

3. NOODLES & PAK CHOI Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through ½ the tataki dressing. Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. FANCY FILLET Pat the fillets dry with some paper towel and season generously. Fill a bowl, large enough for the fillets, with ice water. Return the pan to a high heat with a drizzle of oil. When the pan is almost smoking, sear the fillets for about 1 minute each side until charred but still rare inside, shifting as they colour. Remove from the pan on completion and quickly dunk the fillets into the ice water for about 1 minute. Drain on some paper towel and slice into very thin pieces.

5. WILTED PAK CHOI Return the pan to a medium heat with a drizzle of oil. When hot, fry the pak choi stems for 2-3 minutes until slightly softened. Add the pak choi leaves and sauté for 2-3 minutes until wilted.

6. TIME TO FINE DINE! Plate up the noodles and top with perfect beef tataki. Scatter over the edamame beans and the radish rounds. Drizzle over the remaining tataki dressing, scatter over the crispy garlic and ginger and serve the pak choi leaves on the side. Sprinkle over the black sesame seeds and crumble over the toasted nori. Wow, Chef!



Chef's Tip

If needed, you can loosen the tataki dressing by gradually adding water in 5ml increments to get a nice drizzling consistency!

Nutritional Information

Per 100g

Energy	617kJ
Energy	148Kcal
Protein	11.3g
Carbs	14g
of which sugars	1g
Fibre	1.5g
Fat	3.5g
of which saturated	1.1g
Sodium	374mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Soy

Cook
within
4 Days