

# UCCOOK

## Amazing Beef Stir-fry

with green beans & basmati rice

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Waterford Estate | Waterford Grenache Noir

### Nutritional Info

	Per 100g	Per Portion
Energy	655kJ	2602kJ
Energy	157kcal	622kcal
Protein	12.4g	49.2g
Carbs	19g	75g
of which sugars	2.8g	11g
Fibre	1.7g	6.7g
Fat	3.4g	13.4g
of which saturated	0.7g	2.7g
Sodium	207mg	823mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Fish, Soy, Shellfish

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
120g	160g	Edamame Beans
3 units	4 units	UCOOK Asian Sauce
240g	320g	Green Beans <i>rinse &amp; cut in half</i>
450g	600g	Beef Strips
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
15ml	20ml	White Sesame Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. RICE & BEANS** Place the rinsed rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. SILKY SAUCE & GREEN BEANS** While the rice is simmering, boil the kettle. In a bowl, loosen the Asian sauce with boiling water in 10ml increments until smooth and silky. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. BROWNE BEEF** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Cut the beef strips into smaller pieces (if necessary). When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Mix in the silky Asian sauce and remove from the heat.

**4. IT ALL COMES TOGETHER** Make a bed of the fluffy rice. Top with the beef strips & the sauce (to taste). Side with the charred beans. Garnish with the spring onion (to taste) and the sesame seeds.

### Chef's Tip

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.