



UCOOK

Beef & Black Pepper Stir-fry

with fluffy jasmine rice

Put down the takeaway menu and pick up your trusty pan, because tonight we're making a much more delicious dish than can ever be delivered to your door, Chef! Featuring a tangy tomato paste, soy, garlic & crushed black peppercorn sauce, pops of sweet corn, silky onion, earthy spinach & beef strips. Served with jasmine rice.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Sauvignon Blanc
2023

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
150g	Beef Strips
1	Onion <i>peel & roughly slice</i>
40g	Corn
20ml	Tomato Paste
10ml	Low Sodium Soy Sauce
5ml	Crushed Black Peppercorns
1	Garlic Clove <i>peel & grate</i>
20g	Spinach <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BEEF Place a pan over high heat with a drizzle of oil and a knob of butter (optional). Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

3. ONION & CORN Return the pan to medium-high heat with a drizzle of oil, if necessary. When hot, fry the sliced onions and the corn until lightly golden, 4-5 minutes.

4. JUST BEFORE SERVING Add the tomato paste, the soy sauce, the crushed peppercorns, and the grated garlic to the pan. Fry until fragrant, 1-2 minutes. Add 50ml of water and simmer until slightly thickening, 2-3 minutes. Mix in the beef strips and the chopped spinach until the spinach is wilted, 1-2 minutes. Remove from the heat, add a sweetener (optional) (to taste), and season.

5. DINNER IS READY Make a bed of the fluffy rice and spoon over the loaded beef strips with all the pan juices. Well done, Chef!

Nutritional Information

Per 100g

Energy	569kj
Energy	136kcal
Protein	9.4g
Carbs	21g
of which sugars	2.4g
Fibre	1.5g
Fat	1.1g
of which saturated	0.3g
Sodium	206mg

Allergens

Gluten, Allium, Wheat, Soy

Eat
Within
4 Days