Eat Within 4 Days

# UCOOK

## Piekenierskloof's Amazing Beef Stir-fry

**with green beans & basmati rice**

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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

**Chef:** Piekenierskloof Winery

**Wine Pairing:** Piekenierskloof | Grenache Noir

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 697kJ | 2929kJ |
| Energy | 167kcal | 701kcal |
| Protein | 12.1g | 51g |
| Carbs | 22g | 93g |
| of which sugars | 2.6g | 11g |
| Fibre | 1.7g | 7.1g |
| Fat | 3.2g | 13.4g |
| of which saturated | 0.7g | 2.7g |
| Sodium | 196mg | 823mg |

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

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 300ml | 400ml | White Basmati Rice *rinse* |
| 120g | 160g | Edamame Beans |
| 240g | 320g | Green Beans *rinse & cut in half* |
| 450g | 600g | Beef Schnitzel (without crumb) |
| 3 units | 4 units | UCOOK Asian Sauce |
| 2 | 2 | Spring Onions *rinse, trim & roughly slice* |
| 15ml | 20ml | White Sesame Seeds |

## From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

1. RICE & BEANS Place the rinsed rice in a pot with 600ml [800ml] 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. GREEN BEANS While the rice is simmering, place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. BROWNED BEEF Return the pan to high heat with a drizzle of oil. Pat the beef schnitzel dry with paper towel and cut into strips. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Add the Asian sauce and a splash of water. Mix until combined and simmer until heated through, 2-3 minutes.

4. IT ALL COMES TOGETHER Make a bed of the fluffy rice. Top with the beef strips and 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.