



UCOOK

Sesame-Soy Beef Noodle Bowl

with mixed herbs, vermicelli noodles & avocado

Prepare to be completely bowled over, Chef! This take-out fake-out recipe features juicy and tender beef rump strips and a rainbow of crunchy veggies nestled on a bed of sesame-soy soaked rice noodles. Drizzled with a tangy sweet chilli sauce and garnished with mixed herbs and chopped peanuts. It's unbelievable!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 No paired wines

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Ingredients & Prep

50g	Rice Vermicelli Noodles
12,5ml	Sesame-soy <i>(10ml Low Sodium Soy Sauce & 2,5ml Sesame Oil)</i>
8g	Mixed Herbs <i>(4g Fresh Coriander & 4g Fresh Mint)</i>
1	Avocado
40g	Edamame Beans
30ml	Sweet Chilli Sauce
150g	Free-range Beef Rump Strips
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
120g	Carrot <i>½ rinsed & cut into matchsticks</i>
50g	Cucumber <i>cut into matchsticks</i>
10g	Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. 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 soak for 6-8 minutes until cooked and glassy. Drain and toss through some oil, the sesame-soy, and seasoning.

2. PREPARATION STATION Rinse and pick the mixed herbs. Peel the avocado and set one of the halves aside for another meal. Slice the flesh of the remaining half, season, and set aside. Plump up the edamame beans in boiling water for 3-5 minutes and drain on completion. Loosen the sweet chilli sauce with a splash of water.

3. FLAVA FRY-UP Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rump strips and the spring onion whites for 1-2 minutes per side until browned. Season to taste.

4. BRING IT ALL TOGETHER Dish up the noodles. Top with the browned rump strips, the avo slices, the carrot & cucumber matchsticks, and the edamame beans. Drizzle over the sweet chilli sauce. Sprinkle over the mixed herbs, the chopped peanuts, and the spring onion greens.

Nutritional Information

Per 100g

Energy	648kj
Energy	155kcal
Protein	7.7g
Carbs	33g
of which sugars	3.6g
Fibre	2.9g
Fat	6.8g
of which saturated	1.4g
Sodium	162mg

Allergens

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

Cook
within
4 Days