

UCCOOK

Seared Beef Patty & Silken Miso Broth

with edamame beans & mushrooms

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	719kj	3218kj
Energy	172kcal	770kcal
Protein	10.1g	45.1g
Carbs	16g	72g
of which sugars	2.4g	10.6g
Fibre	2g	8.8g
Fat	7.8g	34.9g
of which saturated	2.6g	11.7g
Sodium	422mg	1888mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Alcohol, Soya, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Soba Noodles
15ml	20ml	Dashi Stock Granules
375g	500g	Shimeji Mushrooms <i>trim at the base</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
45ml	60ml	Miso Paste
120g	160g	Edamame Beans
450g	600g	Beef Patties
60ml	80ml	Umami Basting <i>(22.5ml [30ml] Soy Sauce, 15ml [20ml] Mirin, 15ml [20ml] Vinegar, & 7.5ml [10ml] Sesame Oil)</i>
15ml	20ml	Sesame & Chilli <i>(7.5ml [10ml] Sesame Seeds & 7.5ml [10ml] Chilli Flakes)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s (optional)

- 1. NOODLES** Boil the kettle. Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain, rinse in cold water, and set aside in a bowl.
- 2. MUSHROOMS** Dilute the dashi with 750ml [1L] of warm water. Return the pot to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pot and season.
- 3. BROTH** Return the pot to medium heat with a drizzle of oil if necessary. Fry the garlic, ginger, and spring onion whites until fragrant, 1-2 minutes. Lower the heat, add the diluted dashi, and whisk in the miso until combined. Add the noodles, edamame beans, and the mushrooms. Simmer until warmed through, 3-5 minutes. Remove from the heat and season (to taste).
- 4. BEEF PATTY** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned and cooked to your preference, 3-4 minutes per side. In the final 1-2 minutes, baste with the umami basting. Remove from the pan.
- 5. OPTIONAL STEP** Bring a pot of water to the boil for the eggs. When the water is boiling, cook the eggs for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.
- 6. TIME TO EAT** Bowl up a generous helping of the noodle and mushroom broth. Top with patties and the eggs if used. Sprinkle over the spring onion greens, and sesame & chilli (to taste). Wow, Chef!