



UCOOK

Crispy Ginger Beef & Noodles

with green beans, carrots & sesame seeds

A great stir-fry is hard to beat! In this tasty ginger beef version, crunchy green beans, carrots, and tender beef strips are all enrobed in a umami-rich sauce of chilli, sesame, ginger and soy sauce. Tossed with egg noodles and sprinkled with sesame seeds, do yourself a favour and try it out!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Ella Nasser

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

4 cakes	Egg Noodles
600g	Free-range Beef Strips
60ml	Cornflour
60g	Fresh Ginger <i>peeled & grated</i>
10ml	Dried Chilli Flakes
100ml	Sesame Soy <i>(80ml Low Sodium Soy Sauce & 20ml Sesame Oil)</i>
320g	Green Beans <i>rinsed, trimmed & halved</i>
480g	Carrot <i>trimmed & peeled into ribbons</i>
15g	Fresh Coriander <i>rinsed & picked</i>
20ml	Sesame Seeds
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. SIZZLING STRIPS Place a deep pan or wok over a medium-high heat with enough oil to cover the base. In a bowl, toss the beef strips with cornflour and seasoning. When the pan is hot, add the coated beef strips and fry for 2-4 minutes until crispy. For the crispiest results, try not to overcrowd the pan - fry in batches if necessary! On completion, remove and drain on paper towel.

3. GINGER TOSS UP Return the pan or wok to a low-medium heat with an extra drizzle of oil if necessary. When hot, add the grated ginger and chilli flakes (to taste) and fry for 30-60 seconds, until fragrant, shifting constantly. Add the sesame soy sauce and 40ml of a sweetener of choice. Leave to simmer for 1-2 minutes, until sticky and glossy. Add the cooked beef strips and toss until coated in the sauce. Add the trimmed green beans, the carrot ribbons, and the drained noodles. Toss until fully combined and season to taste.

4. PLATE IT UP Bowl up the delicious ginger beef and noodles. Garnish with any remaining chilli flakes, the rinsed coriander, and the sesame seeds. Finish off with a squeeze of lemon juice. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	528kj
Energy	126kcal
Protein	10g
Carbs	15g
of which sugars	2g
Fibre	1.7g
Fat	2.7g
of which saturated	0.7g
Sodium	204mg

Allergens

Egg, Gluten, Sesame, Wheat, Soy

Cook
within
4 Days