



UCOOK

One-Pan Beef Stir Fry

**with pak choi, pickled ginger & a
tamari-honey-sesame sauce**

A one-pan winner of a dinner that ticks all the boxes: gluten-conscious, quick 'n easy, carb conscious, and totally scrumptious! Vibrant veg and tender strips of beef in a tamari, sesame oil, and honey sauce, spiced with sriracha and zooted up with lime.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney

 Health Nut

 Delheim Wines | Gewürztraminer

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Ingredients & Prep

10g	Cashew Nuts
150g	Free-range Beef Schnitzel (without crumb)
100g	Pak Choi <i>trimmed</i>
1	Onion <i>one ½ peeled & thinly sliced</i>
7,5ml	NOMU Oriental Rub
35ml	Sweet Tamari-Sesame <i>(7,5ml Sesame Oil, 7,5ml Honey & 20ml Tamari)</i>
100g	Shredded Cabbage & Julienne Carrot
15ml	Sriracha
1	Lime <i>zested & cut into wedges</i>
10g	Pickled Ginger <i>drained</i>

From Your Kitchen

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

1. GOLDEN CASHEWS Place a pan or wok over a medium heat. When hot, toast the cashew nuts for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside. Roughly chop when cool enough to handle.

2. SEAL THE BEEF Pat the beef dry with paper towel and cut into 2cm thick strips. Return the pan or wok to a high heat with a drizzle of oil. When hot, sear the beef strips for 2-3 minutes until browned but not cooked through, shifting as they colour. Remove from the pan on completion and set aside.

3. PAK CHOI PREP Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways and set aside separate from the stems.

4. STIR FRY TIME Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the sliced onion for 1-2 minutes, shifting occasionally. Add the pak choi stems and stir in the Oriental Rub to taste. Sauté for 2-3 minutes until the onion is translucent and the pak choi has softened slightly. Pour in the tamari-sesame sauce and simmer for about a minute, stirring continuously. Toss through the pak choi leaves and the cabbage and carrot. Cook for 1-2 minutes until slightly wilted but still crunchy, tossing continuously.

5. GET IT ALL IN THE PAN Return the beef to the pan or wok, and mix in the sriracha to taste. Toss for another 1-2 minutes until the beef is cooked through and coated. Finish off with the juice of 2 lime wedges and a pinch of zest. Stir to combine, remove from the heat, and season to taste.

6. EASY PEASY LIME SQUEEZY! Dish up some hearty beef stir fry. Sprinkle over the chopped cashews and garnish with the drained pickled ginger. If you'd like, finish with any remaining sriracha and lime zest to taste. Serve with a lime wedge on the side, and there you have it: a one-pan wonder!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	382kJ
Energy	91Kcal
Protein	7.8g
Carbs	7g
of which sugars	4.2g
Fibre	1.6g
Fat	3.1g
of which saturated	0.6g
Sodium	393mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts,
Soy

Cook
within 3
Days