

UCCOOK

Sizzling Beef Stir-fry

with fluffy rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	328kJ	2124kJ
Energy	77kcal	500kcal
Protein	6.8g	44g
Carbs	11g	69g
of which sugars	2g	14g
Fibre	2g	12g
Fat	0.7g	4.8g
of which saturated	0.2g	1.5g
Sodium	110mg	708mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Strips
15ml	20ml	NOMU Oriental Express
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
240g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
60g	80g	Spinach <i>rinse</i>
120ml	160ml	Carb Smart Sweet Chilli Sauce
2	2	Limes <i>rinse & cut into wedges</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. RICE Place the rice in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SEAR Place a pan over high heat. Pat the beef strips dry with paper towel. Lightly coat with cooking spray or oil (optional) and the NOMU rub. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

3. STIR-FRY Return the pan to medium high-heat. Add the pepper, onion, and lightly coat with cooking spray or oil (optional). Fry until starting to char, 7-8 minutes (shifting occasionally). Add the carrots, spinach, sweet chilli sauce, beef strips, a splash of water, and simmer until the spinach is wilted, 3-4 minutes. Remove from the heat, add a squeeze of lime juice (to taste) and season.

4. TIME TO EAT Make a bed of the fluffy rice, top with sizzling beef stir fry, and garnish with the coriander and any remaining lime wedges. Well done, Chef!