



# UCCOOK

## Black Pepper Udon & Beef Rump Strips

with spinach & toasted soy-glazed cashews

U-don't know what you're missing if you haven't tried udon, Chef! These thick Japanese noodles soak up all the yumminess in the sweet tomato soy sauce, dotted with silky onion, crushed black peppercorns, and a spicy hit of fresh ginger. Served with NOMU Oriental Rub-coated beef strips and cashew nuts for crunch.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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## Ingredients & Prep

200g	Udon Noodles
30g	Cashew Nuts
30ml	Honey-soy <i>(20ml Low Sodium Soy Sauce &amp; 10ml Honey)</i>
300g	Free-range Beef Rump Strips
40ml	Rub & Flour <i>(20ml Cornflour &amp; 20ml NOMU Oriental Rub)</i>
1	Onion <i>peel &amp; roughly slice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
10ml	Crushed Black Peppercorns
20g	Fresh Ginger <i>peel &amp; grate</i>
100ml	Sweet Tomato Soy Sauce <i>(60ml Sweet Indo Soy Sauce, 20ml Tomato Paste &amp; 20ml Oyster Sauce)</i>
80g	Spinach <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. NOODLES** Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain and toss through a drizzle of olive oil.

**2. NUTS** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Deglaze the pan with the honey-soy and simmer until evaporated, 1-2 minutes. Remove from the pan and roughly chop when cool enough to handle.

**3. BEEF** Return the pan wiped down to medium-high heat with enough oil to cover the base. Pat the beef strips dry with paper towel, add to a bowl, add the rub & flour, and toss to combine. When hot, fry the strips until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

**4. LOADED NOODLES** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Add the grated garlic, crushed black peppercorns (to taste), and the grated ginger, fry until fragrant, 1-2 minutes. Mix in the sweet tomato soy glaze and 100ml of water. Simmer until slightly thickening, 2-3 minutes. Mix in the cooked beef strips, the noodles, and the shredded spinach. Mix to combine, 1-2 minutes. Remove from the heat and season.

**5. DINNER IS READY** Bowl up the loaded noodles and sprinkle over the chopped nuts. Well done, Chef!

## Nutritional Information

Per 100g

Energy	615kj
Energy	147kcal
Protein	8.1g
Carbs	17g
of which sugars	7g
Fibre	1.3g
Fat	3.2g
of which saturated	0.9g
Sodium	379mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts, Soy, Shellfish

Eat  
Within  
4 Days