



UCOOK

Sticky Beef Stir Fry

with soba noodles, edamame beans, pak choi & sriracha

It's Hump Day. You're craving stir fry tastiness to ready you for the rest of the week... We've got it covered! Our sticky honey-sesame-soy sauce coats seared beef, Asian veg, and high-protein noodles. Finished with pickled ginger and sesame seeds.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Alex Levett



Health Nut

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Ingredients & Prep

20ml	White Sesame Seeds
600g	Pak Choi <i>rinsed thoroughly, without separating the leaves</i>
600g	Free-range Beef Schnitzel (without crumb)
200g	Soba Noodles
2	Onions <i>peeled & finely sliced</i>
30ml	NOMU Oriental Rub
190ml	Stir Fry Sauce <i>(30ml Sesame Oil, 40ml Honey & 120ml Low Sodium Soy Sauce)</i>
3	Limes <i>zested & cut into wedges</i>
60ml	Sriracha
200g	Edamame Beans
40g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN SEEDS Place a large pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside to cool.

2. PREP THE PAK CHOI Return the pan or wok to a high heat with a tiny splash of water. Once bubbling, place the rinsed pak choi in the pan and simmer for 30-40 seconds on one side. Flip and simmer for 30-40 seconds on the other side until slightly wilted. On completion, place on paper towel to drain the excess liquid. Once cool enough to handle, remove the base where the leaves join and discard. Cut off the stems and thinly slice, leaving the leaves on the paper towel until step 5.

3. BROWN THE BEEF Pat the beef dry with paper towel and cut into 1-2cm thick strips. Wipe the pan or wok dry and return to a high heat with a drizzle of oil. When hot, sear the strips for 1 minute per side until browned but not cooked through. Remove from the pan and set aside.

4. OODLES OF NOODLES Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking, cover to keep warm, and set aside for serving.

5. GIVE THAT STIR FRY LIFE! Return the pan or wok to a high heat with another drizzle of oil. When hot, fry the sliced onion and pak choi stems for 5-6 minutes until soft and translucent. Add the Oriental Rub to taste and fry for a minute until fragrant, shifting constantly. Mix in the stir fry sauce, then allow to reduce for 4-5 minutes. Stir in the beef strips, the juice of 6 lime wedges, and the sriracha to taste. Cook for 1-2 minutes until the beef is heated through, shifting constantly. Add the pak choi leaves and edamame beans, and toss for 1 minute until evenly coated. Season to taste and remove from the heat.

6. GRAB A PLATE & GRAB A SEAT Dish up some soba noodles and spoon over the sticky beef stir fry. Sprinkle over the chopped pickled ginger and lime zest to taste. Garnish with the toasted sesame seeds, remaining lime wedges, and any remaining sriracha to taste. Now, how delicious is that?



Chef's Tip

Meat continues to cook when removed from the heat. Bear this in mind when browning your beef strips so that you don't overcook them.

Nutritional Information

Per 100g

Energy	478kj
Energy	114Kcal
Protein	9.3g
Carbs	14g
of which sugars	4g
Fibre	1.6g
Fat	2.8g
of which saturated	0.5g
Sodium	429mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days