



UCOOK

Beef Strips with Tangy & Spicy Potatoes

with szechuan pepper, black vinegar & fresh coriander

A dish both high in comfort and pizzazz! Tender beef strips marinated in soy sauce, served with sautéed julienne potatoes infused with chilli, smokey umami sichuan peppercorns and finished off with a splash of black vinegar for an acidic punch.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>peeled (optional) & cut into thin matchsticks</i>
30ml	Low Sodium Soy Sauce
15ml	Oyster Sauce
4g	Fresh Coriander <i>rinsed & finely chopped</i>
30ml	Coconut Yoghurt
150g	Free-range Beef Rump Strips
1	Fresh Chilli <i>deseeded & finely sliced</i>
7,5ml	Szechuan Pepper
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>sliced</i>
15ml	Black Vinegar
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

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

1. TIME FOR A SOAK Place the potato matchsticks in a bowl. Cover in cold water and leave to soak for at least 10 minutes. Occasionally, swish the potatoes around with your hands to release the starch. On completion, drain and pat dry with some paper towel.

2. FLAVOUR TOWN To make the marinade; mix the soy sauce, the oyster sauce, a drizzle of oil, a sweetener of choice and ½ the chopped coriander. In a separate small bowl, place the coconut yoghurt, ½ the marinade, mix until fully combined, and set aside. In the bowl with the remaining marinade, add the beef strips. Toss until evenly coated and set aside to marinate for 10-15 minutes.

3. STIR-FRIED POTATOES Place a pan or wok over medium-high heat with a drizzle of oil. When hot, add the soaked potato matchsticks. Fry for 15-20 minutes until tender, crisp and browned, shifting occasionally. In the final 2-3 minutes, add the sliced chilli and sichuan peppercorns, and fry until fragrant, shifting constantly. Add the grated garlic and fry for 30-60 seconds, until fragrant, shifting constantly. Remove from heat and add the sliced spring onion, the black vinegar, and seasoning. Mix until fully combined.

4. SIZZLING BEEF STRIPS & SALAD Place a pan over a medium-high heat with beef marinade. When hot, remove the beef from the marinade and fry for 1-2 minutes per side until browned. In a salad bowl, toss the salad leaves and the radish rounds with a drizzle of olive oil and seasoning.

5. SOUR, SPICY & SWEET Plate up the spicy and sour stir-fried potatoes. Side with the flavourful beef strips, the fresh salad and the yoghurt marinade sauce. Garnish with the remaining chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	452kj
Energy	108Kcal
Protein	8.3g
Carbs	9g
of which sugars	1.5g
Fibre	1.6g
Fat	2.4g
of which saturated	0.9g
Sodium	361mg

Allergens

Gluten, Allium, Shellfish, Wheat, Sulphites, Soy

Cook
within
4 Days