



UCOOK

Beef Strips & Egg Noodles

with edamame beans & cashew nuts

As the ultimate one-pan dish, stir-fries aren't just easy to make but even easier to clean up afterwards. In less than 30 minutes, you will be plating up a wonderful and wholesome dish of seared beef strips, al dente egg noodles, cabbage, & plump edamame beans. Coated in a UCOOK Asian sauce, you can't go wrong by choosing this for dinner, Chef!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Kate Gomba

Quick & Easy

Paul Cluver | Village Pinot Noir 2022

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Ingredients & Prep

4 cakes	Egg Noodles
600g	Free-range Beef Strips
400g	Cabbage <i>rinse & roughly slice</i>
4 units	UCOOK Asian Sauce
200g	Edamame Beans
4	Spring Onions <i>rinse, trim & roughly slice</i>
60g	Cashew Nuts

From Your Kitchen

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

1. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. BEEF STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan.

3. STIR-FRY Return the pan to medium heat with all the pan juices. When hot, fry the shredded cabbage until slightly wilted, 2-3 minutes. Add the UCOOK Asian sauce, the edamame beans, and a splash of warm water. Mix until combined, 2-3 minutes. Remove from the heat, mix in the cooked noodles, and the beef strips.

4. PLATE UP Plate up the loaded stir-fry, sprinkle over the sliced spring onion, and the cashew nuts. Enjoy, Chef!



Chef's Tip

Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	697kJ
Energy	167kcal
Protein	12.4g
Carbs	17g
of which sugars	3g
Fibre	1.5g
Fat	5g
of which saturated	1.1g
Sodium	220mg

Allergens

Egg, Gluten, Allium, Wheat, Fish, Tree Nuts, Soy, Shellfish

Eat
Within
4 Days