



UCCOOK

Yakisoba Beef Stir-fry

with fresh coriander & edamame beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	515kJ	2243kJ
Energy	123kcal	537kcal
Protein	11.8g	51.3g
Carbs	16g	72g
of which sugars	5.8g	25.1g
Fibre	1.3g	5.6g
Fat	1.4g	6.3g
of which saturated	0.3g	1.5g
Sodium	445mg	1938mg

Allergens: Sulphites, Shellfish, Gluten, Wheat, Soya

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Soba Noodles
150g	300g	Beef Strips
100g	200g	Pak Choi <i>trim at the base</i>
20g	40g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
50g	100g	Edamame Beans
60ml	120ml	Stir-fry Sauce <i>15ml [30ml] Oyster Sauce, 15ml [30ml] Low Sodium Soy Sauce & 30ml [60ml] Mrs Balls Chutney</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

1. AND WE'RE OFF! Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. SIZZLING STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

3. SOME PREP Separate the leaves of the pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. STIR-FRY STARTER Return the pan to a medium-high heat with a drizzle of oil. Add the pak choi stems and fry until soft, 2-3 minutes (shifting occasionally).

5. CAUSE A STIR(FRY) When the stems are soft, add back the beef strips, the pak choi leaves, the piquanté peppers, the noodles, ½ the coriander, and the edamame beans to the pan. Fry until heated through, 2-3 minutes. Remove from the heat and toss through the stir-fry sauce. Season.

6. ITADAKIMASU! Dish up the fragrant beef stir-fry. Sprinkle over the chilli (to taste) and the remaining coriander. Delish, Chef!