



UCOOK

Sweet Chilli Beef Stir-fry

with charred broccoli & carrot, pickled ginger and egg noodles

A classic stir fry with more oomph and less effort! Tender beef strips coated in sweet chilli and soy sauce with warm, crunchy veg and silky noodles. Scattered with coriander, sesame seeds, and cucumber to keep things fresh.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 Quick & Easy

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

5ml	White Sesame Seeds
100g	Broccoli Florets <i>cut into bite-size pieces</i>
120g	Carrot <i>rinsed & cut into matchsticks or grated</i>
1 cake	Egg Noodles
150g	Free-range Beef Rump Strips
10ml	Low Sodium Soy Sauce
50ml	Thai Sweet Chilli Sauce
15g	Pickled Ginger <i>drained & roughly chopped</i>
50g	Cucumber <i>sliced into matchsticks</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

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

2. CHAR THE VEGGIES Boil the kettle for step 3. Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces and the carrot for 5-6 minutes until lightly charred, shifting occasionally. Add a splash of water, cover with the lid, and allow to steam for 1-2 minutes until cooked through but still al dente. Drain any remaining water from the pan and transfer the veg to a bowl. Season to taste and set aside.

3. EGG NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

4. STIR FRY TIME While the noodles are cooking, return the pan or wok to a high heat with another drizzle of oil. When hot, fry the beef strips for 1-2 minutes until browned but not cooked through, shifting occasionally. Add the soy sauce, 1 tbsp of water, and the sweet chilli sauce (to taste). Toss through the beef until coated. Add in the charred broccoli and carrot and cook for another minute until reheated, shifting constantly. Remove from the heat on completion.

5. BOWL UP Dish up a pile of silky noodles and top with the sweet chilli stir fry. Scatter over the chopped, pickled ginger and cucumber matchsticks. Finish with a sprinkling of toasted sesame seeds and fresh, chopped coriander. Easy as that, Chef!

Nutritional Information

Per 100g

Energy	568kj
Energy	136kcal
Protein	8.5g
Carbs	52g
of which sugars	5.5g
Fibre	1.6g
Fat	2.5g
of which saturated	0.8g
Sodium	264mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days