

UCCOOK

Amazing Beef Stir-fry

with green beans & basmati rice

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	655kJ	2602kJ
Energy	157kcal	622kcal
Protein	12.4g	49.2g
Carbs	19g	75g
of which sugars	2.8g	11g
Fibre	1.7g	6.7g
Fat	3.4g	13.4g
of which saturated	0.7g	2.7g
Sodium	207mg	823mg

Allergens: Gluten, Allium, Sesame, Wheat, Fish, Soy, Shellfish

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
40g	80g	Edamame Beans
1 unit	2 units	UCOOK Asian Sauce
80g	160g	Green Beans <i>rinse & cut in half</i>
150g	300g	Beef Strips
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
5ml	10ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. RICE & BEANS Place the rinsed rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SILKY SAUCE & GREEN BEANS While the rice is simmering, boil the kettle. In a bowl, loosen the Asian sauce with boiling water in 10ml increments until smooth and silky. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. BROWNE BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Cut the beef strips into smaller pieces (if necessary). When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Mix in the silky Asian sauce and remove from the heat.

4. IT ALL COMES TOGETHER Make a bed of the fluffy rice. Top with the beef strips & the sauce (to taste). Side with the charred beans. Garnish with the spring onion (to taste) and the sesame seeds.

Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.