



UCOOK

Chinese Pepper Beef Stir-fry

**with egg noodles, red bell pepper &
crushed black pepper**

Tender beef strips are stir-fried in a honey-soy black pepper sauce with red bell peppers, onions & crunchy green beans, all mixed with stringy egg noodles. Garnished with sesame seeds & fresh coriander. Our takeaway? It's better than getting takeaways!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 **Quick & Easy**

 **Paserene | Midnight Cabernet Sauvignon**

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Ingredients & Prep

3 cakes	Egg Noodles
97,5ml	Stir-fry Sauce <i>(75ml Low Sodium Soy Sauce & 22,5ml Honey)</i>
15ml	Cornflour
15ml	Crushed Black Pepper
450g	Free-range Beef Strips
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into strips</i>
240g	Green Beans <i>rinsed, trimmed & halved</i>
2	Onions <i>1½ peeled & roughly sliced</i>
3	Garlic Cloves <i>peeled & grated</i>
30g	Fresh Ginger <i>peeled & grated</i>
30ml	White Sesame Seeds
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

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

2. SAUCE STATION In a bowl, combine the stir-fry sauce, the cornflour, the crushed pepper (to taste), and 45ml of water. Mix until the cornflour is dissolved.

3. SIZZLING, CHEF! Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the beef strips and fry until browned, 1-2 minutes (shifting halfway). Remove from the pan and set aside.

4. STIR-FRY VEG Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pepper strips, the halved green beans, and the sliced onion. Fry until slightly softened, 4-5 minutes (shifting occasionally). Add the grated garlic & ginger and fry until fragrant, 1-2 minutes (shifting frequently).

5. ALMOST THERE When the garlic is fragrant, reduce the heat slightly and pour in the pepper stir-fry sauce. Bring to a simmer and then remove from the heat (stirring constantly). Toss through the cooked beef and the cooked noodles. Season, if necessary.

6. DELISH! Dish up the pepper stir-fry. Sprinkle over the sesame seeds and the chopped coriander. Good job, Chef!



Chef's Tip

If you would like to toast the sesame seeds, place them in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	444kJ
Energy	106kcal
Protein	8.6g
Carbs	14g
of which sugars	3.2g
Fibre	1.5g
Fat	1.6g
of which saturated	0.5g
Sodium	228mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Soy

Cook
within 3
Days