



UCCOOK

Hoisin Beef Noodles

with egg noodles & toasted sesame seeds

With this hoisin beef stir-fry recipe, you will make a stir at the dinner table after you fry these ingredients, Chef! An umami-rich hoisin dressing coats juicy beef mince, al dente egg noodles, silky onion, with cabbage & carrot. Set the table, grab the chopsticks, and have a memorable night in.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Suné van Zyl

Simple & Save



Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

| | |
|--------|------------------------------------------------------------------------------------------------------|
| 1 cake | Egg Noodles |
| 5ml | White Sesame Seeds |
| 1 | Onion <i>peel & roughly slice ½</i> |
| 150g | Beef Mince |
| 100g | Cabbage <i>rinse & thinly slice</i> |
| 120g | Carrot <i>rinse, trim, peel & cut into thin matchsticks</i> |
| 50ml | Hoisin Dressing <i>(40ml Hoisin Sauce, 5ml Sweet Indo Soy Sauce & 5ml White Wine Vinegar)</i> |

From Your Kitchen

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

1. EGG 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. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STIR-FRY Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the sliced cabbage and the carrot matchsticks. Fry until slightly softened but still crunchy, 3-4 minutes (shifting occasionally). Add the hoisin dressing, the cooked noodles and 50ml of water. Remove from the heat and season.

4. PLATE UP Plate up the hoisin beef noodles and garnish with the toasted sesame seeds. Enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 660kJ |
| Energy | 158kcal |
| Protein | 6.9g |
| Carbs | 18g |
| of which sugars | 6.9g |
| Fibre | 1.5g |
| Fat | 6.1g |
| of which saturated | 2.2g |
| Sodium | 61mg |

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
3 Days