

UCCOOK

Tender Beef & Udon Noodles

with pickled ginger

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	310kj	2088kj
Energy	74kcal	500kcal
Protein	6.8g	45.5g
Carbs	10g	66g
of which sugars	3g	18g
Fibre	2g	11g
Fat	0.6g	4g
of which saturated	0.2g	1.4g
Sodium	253.4mg	1707.3mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites, Shellfish

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Strips
240g	320g	Green Beans <i>rinse & halve</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
90ml	125ml	Oyster Sauce
300g	400g	Udon Noodles
60g	80g	Spinach <i>rinse</i>
60g	80g	Pickled Ginger <i>drain & roughly chop</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BROWNE BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this in batches. Remove from the pan and season.

2. GO-GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. CARROTS & ONION Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion and carrots until golden, 6-7 minutes (shifting occasionally).

4. STIR THINGS UP Add the oyster sauce, the udon noodles, and 150ml [200ml] of water to the fried onion. Simmer until heated through and the noodles are cooked, 5-6 minutes. Remove the pan from the heat. Stir through the beef strips, the spinach, the charred green beans, and season.

5. U-DON WITH DINNER! Bowl up the saucy udon noodles. Garnish with the pickled ginger and the coriander. Enjoy, Chef!