



QCOOK

Sweet & Savoury Hoisin Beef Noodle Bowl

with spring onion & sesame seeds

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	784kJ	3488kJ
Energy	188kcal	834kcal
Protein	10.5g	46.9g
Carbs	18g	81g
of which sugars	5.8g	25.7g
Fibre	1.3g	5.8g
Fat	7.9g	35.2g
of which saturated	1.1g	4.9g
Sodium	319mg	1419mg

Allergens: Sulphites, Shellfish, Egg, Fish, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	White Sesame Seeds
1 cake	2 cakes	Egg Noodles
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
150g	300g	Beef Schnitzel (without crumb)
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
40ml	80ml	Tangy Hoisin <i>(12,5ml [25ml] Rice Wine Vinegar, 25ml [50ml] Hoisin Sauce & 2,5ml [5ml] Fish Sauce)</i>
50ml	100ml	Mayo

From Your Kitchen

Seasoning (salt & pepper)
Water
Oil (cooking, olive or coconut)
Paper Towel
Sugar/Sweetener/Honey
Butter (optional)

1. OPEN (WITH) SESAME 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.

2. OODLES OF 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.

3. GOLDEN CARROTS Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the carrot until starting to soften, 4-6 minutes. Remove from the pan, season and set aside.

4. HEAVENLY HOISIN SCHNITZEL Return the pan to medium-high heat with a drizzle of oil (if necessary). Pat the schnitzel dry with paper towel and cut into 1cm strips lengthwise. When hot, sear the schnitzel and spring onion whites until browned, 1-2 minutes (shifting occasionally). Turn down the heat and add back the carrot along with the tangy hoisin sauce, 50ml [100ml] of water and a sweetener (to taste). Simmer until slightly reduced, 2-3 minutes.

5. COAT IN FLAVOUR Remove the pan from the heat and add the cooked egg noodles. Toss to coat the noodles in the hoisin sauce.

6. MMMAYO In a small bowl, add the mayo. Mix water in with the mayo in 5ml increments until a drizzling consistency. Set aside.

7. SENSATIONAL SUPPER Plate up the loaded noodles. Drizzle over the mayo dressing. Top with the toasted sesame seeds and garnish with the spring onion greens.