



UCOOK

Beef, Mushroom & Pak Choi Stir-fry

with fresh ginger & a stir-fry sauce


A medley of carrot ribbons, juicy beef strips, browned mushrooms, & the unique flavour of garlicky pak choi. All coated in an umami-rich stir-fry sauce and topped with sprinkles of toasted peanuts. It's the stir-fry you have to try!


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Morgan Nell

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

300g	Pak Choi <i>trimmed at the base</i>
30g	Peanuts <i>roughly chopped</i>
375g	Button Mushrooms <i>quartered</i>
450g	Free-range Beef Rump Strips <i>patted dry</i>
2	Onions <i>1½ peeled & roughly sliced</i>
240g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
2	Garlic Cloves <i>peeled & grated</i>
45g	Fresh Ginger <i>peeled & grated</i>
60ml	Stir-fry Sauce <i>(30ml Rice Wine Vinegar & 30ml Low Sodium Soy Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. O BOY, IT'S PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

2. NUTS ABOUT PEANUTS Place the chopped peanuts in a large pan over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside.

3. MAKE THE MUSHROOMS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 5-7 minutes until soft and browned, shifting occasionally. Season and remove from the pan.

4. BEEF IT UP Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the beef rump strips for 1-2 minutes per side until browned. You may need to do this step in batches. Remove from the pan and rest for 3 minutes.

5. PUT THE STIR IN STIR-FRY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion, and the sliced pak choi stems. Fry for 8-10 minutes until soft and starting to brown, shifting occasionally. Add the carrot ribbons and the grated garlic & ginger and fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked beef & mushrooms and the stir-fry sauce and fry for 1-2 minutes until heated through. Remove from the heat and add a sweetener of choice (to taste), and the pak choi leaves. Season to taste.

6. AND YOU'RE DONE! Plate up the stir-fry and sprinkle over the toasted peanuts. Dive in, Chef!

Nutritional Information

Per 100g

Energy	354kJ
Energy	85kcal
Protein	7g
Carbs	5g
of which sugars	2.1g
Fibre	1.6g
Fat	2.5g
of which saturated	0.7g
Sodium	93mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days