



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: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Suné van Zyl

Simple & Save



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

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Ingredients & Prep

3 cakes	Egg Noodles
15ml	White Sesame Seeds
2	Onions <i>peel & roughly slice 1½</i>
450g	Beef Mince
200g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
150ml	Hoisin Dressing <i>(120ml Hoisin Sauce, 15ml Sweet Indo Soy Sauce & 15ml 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, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the sliced cabbage and the carrot matchsticks. Fry until slightly softened but still crunchy, 4-5 minutes (shifting occasionally). Add the hoisin dressing, the cooked noodles and 150ml 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