



UCOOK

Chinese Pepper Beef Stir-fry

with egg noodles, red bell pepper & crushed black pepper

Tender beef strips are stir-fried in a honey-soy black pepper sauce with red bell peppers, onions & crunchy green beans, all mixed with stringy egg noodles. Garnished with sesame seeds & fresh coriander. Our takeaway? It's better than getting takeaways!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Paserene | Midnight Cabernet Sauvignon

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Ingredients & Prep

1 cake	Egg Noodles
32,5ml	Stir-fry Sauce <i>(25ml Low Sodium Soy Sauce & 7,5ml Honey)</i>
5ml	Cornflour
5ml	Crushed Black Pepper
150g	Free-range Beef Strips
1	Red Bell Peppers <i>½ rinsed, deseeded & cut into strips</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Onion <i>½ peeled & roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	White Sesame Seeds
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. START WITH THE FOUNDATION Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. SAUCE STATION In a bowl, combine the stir-fry sauce, the cornflour, the crushed pepper (to taste), and 15ml of water. Mix until the cornflour is dissolved.

3. SIZZLING, CHEF! Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the beef strips and fry until browned, 1-2 minutes (shifting halfway). Remove from the pan and set aside.

4. STIR-FRY VEG Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pepper strips, the halved green beans, and the sliced onion. Fry until slightly softened, 3-4 minutes (shifting occasionally). Add the grated garlic & ginger and fry until fragrant, 1-2 minutes (shifting frequently).

5. ALMOST THERE When the garlic is fragrant, reduce the heat slightly and pour in the pepper stir-fry sauce. Bring to a simmer and then remove from the heat (stirring constantly). Toss through the cooked beef and the cooked noodles. Season, if necessary.

6. DELISH! Dish up the pepper stir-fry. Sprinkle over the sesame seeds and the chopped coriander. Good job, Chef!



Chef's Tip

If you would like to toast the sesame seeds, place them in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	444kJ
Energy	106kcal
Protein	8.6g
Carbs	14g
of which sugars	3.2g
Fibre	1.5g
Fat	1.6g
of which saturated	0.5g
Sodium	228mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Soy

Cook
within 3
Days