



UCOOK

Sticky Beef

with fluffy rice, edamame beans, & toasted sesame seeds

Layers of sweet & salty join together to create a sensational sticky beef dish. First, a bed of fluffy jasmine rice. Next, a generous helping of sticky & saucy beef strips, with a crispy spiced coating fried until golden. Lastly, a mouthwatering medley of pickled peppers, plump edamame beans & fresh coriander. Quick to prepare, but a long-lasting meal memory!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Samuel Pereira

 Quick & Easy

 Waterkloof | Circumstance Petit Verdor

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
2	Onions
75g	Pickled Bell Peppers
12g	Fresh Coriander
150g	Edamame Beans
30ml	White Sesame Seeds
450g	Free-range Beef Strips
60ml	Spiced Cornflour <i>(45ml Cornflour & 15ml Chinese 5-spice)</i>
225ml	Sticky Sauce <i>(60ml Rice Wine Vinegar, 90ml Oyster Sauce, 45ml Sweet Thai Chilli Sauce & 30ml Low Sodium Soy Sauce)</i>

From Your Kitchen

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

1. COOK THE RICE Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SOME PREP Boil the kettle. Peel and roughly slice 1 ½ of the onions. Drain and roughly chop the pickled peppers. Rinse, pick, and roughly chop the coriander. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. TOASTED SESAME Place the sesame seeds in a pan or wok over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan or wok and set aside.

4. COOK THE BEEF Pat the beef strips dry with paper towel. In a bowl, combine the spiced cornflour and seasoning. Add the beef strips and toss until fully coated. Return the pan or wok to high heat and fill with 4-5cm of oil. When hot, fry the coated beef strips until golden and crispy, 1-2 minutes. You may need to do this in batches. Remove from the pan or wok and drain on paper towel. Discard the oil from the pan or wok.

5. STICKY SAUCE Return the pan or wok to medium heat with a drizzle of oil and a knob of butter. Fry the sliced onions until soft, 5-6 minutes. Deglaze with a splash of water, add the sticky sauce, the chopped peppers, and the cooked beef strips. Simmer until warmed through, 2-3 minutes.

6. TIME TO EAT Make a bed of the fluffy rice, top with the saucy beef, and scatter over the edamame beans. Garnish with a sprinkle of the sesame seeds and the chopped coriander. Easy, Chef!

Nutritional Information

Per 100g

Energy	581kJ
Energy	139kcal
Protein	9.9g
Carbs	20g
of which sugars	3g
Fibre	1.3g
Fat	1.9g
of which saturated	0.4g
Sodium	532mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy, Shellfish

Cook
within
4 Days