



UCCOOK

Spicy Peanut Beef

with broccoli & fresh coriander

Tonight you will be feasting on the fragrant flavours of Thai cuisine. Lightly charred broccoli & browned beef strips swim in an aromatic coconut milk broth, elevated with lemon juice, soy sauce, peanut butter, and red curry paste. Your new go-to dinner from now on, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Painted Wolf Wines | The Pack Darius Carignan 2020

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Ingredients & Prep

100g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
5ml	NOMU Beef Rub
150g	Free-range Beef Strips
10ml	Red Curry Paste
10ml	Dried Chilli Flakes
15ml	Lemon Juice
5ml	Low Sodium Soy Sauce
100ml	Coconut Milk
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15ml	Peanut Butter
60g	Borlotti Beans <i>drain & rinse</i>

From Your Kitchen

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

1. ROC ON WITH THE BROCC Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water and ½ the NOMU rub, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

2. BROWNE BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. HURRY WITH THE CURRY Return the pan to medium heat with a drizzle of oil. When hot, add the curry paste (to taste), the chilli flakes (to taste), and the remaining NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

4. ZESTY-SOY COCONUT MILK Add the lemon juice, the soy sauce, a sweetener, the coconut milk, 100ml of warm water, and ½ the chopped coriander to the pan. Mix until combined. Reduce the heat and simmer until slightly reduced and thickened, 6-10 minutes (stirring occasionally).

5. ALMOST DONE When the sauce has 2-3 minutes remaining, stir through the peanut butter, the drained borlotti beans, and the cooked beef. Remove from the heat, add ½ the broccoli, and season.

6. TO THAI FOR Bowl up the Thai peanut beef and top with the remaining broccoli. Garnish with the remaining coriander. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	10.3g
Carbs	7g
of which sugars	1.1g
Fibre	1.9g
Fat	5.8g
of which saturated	3.4g
Sodium	242mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days