UCOOK

Coconut Satay Beef Ramen

with spinach & toasted sesame seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Boschendal | Nicolas

Nutritional Info	Per 100g	Per Portion
Energy	741kJ	3816kJ
Energy	177kcal	913kcal
Protein	9.9g	51.1g
Carbs	12g	60g
of which sugars	3.3g	17.1g
Fibre	1.3g	6.9g
Fat	8.2g	42.2g
of which saturated	3.5g	18g
Sodium	336mg	1729mg

Allergens: Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	White Sesame Seeds
150g	300g	Beef Schnitzel (without crumb)
1	1	Fresh Chilli *rinse, deseed & finely slice*
1	1	Garlic Clove *peel & grate*
10g	20g	Fresh Ginger *peel & grate*
100ml	200ml	Coconut Milk
30ml	60ml	Peanut Butter
60ml	120ml	Spicy Ramen Base *(10ml [20ml] Honey, 25ml [50ml] Soy Sauce, 7.5ml [15ml] Rice Wine Vinegar 2.5ml [5ml] Sesame Oil & 15ml [30ml] Sriracha Sauce*
3g	5g	Fresh Coriander
50g	100g	Spinach
100g	200g	Udon Noodles

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

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

2. BROWN THE BEEF Return the pot to medium heat with a drizzle of oil. Pat the beef schnitzel dry with paper towel and cut into 1cm strips. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. SILKY SATAY Return the pot to medium heat with a drizzle of oil (if necessary). Fry ½ of the chilli, the garlic and the ginger until fragrant, 1-2 minutes (shifting constantly). Add the coconut milk and 100ml [200ml] of water. Simmer until slightly reduced, 4-5 minutes. Mix through the peanut butter and the spicy ramen base. Once dissolved, mix through ½ of the coriander, udon noodles and the spinach. Simmer until the spinach has wilted, 1-2 minutes. Remove the pot from the heat and toss the beef strips through the silky satay sauce and season well.

4. OODLES OF NOODLES Bowl up the al dente udon noodles. Top with the silky ramen. Garnish with the remaining coriander, remaining chilli and the toasted sesame seeds. Dig in, Chef!

Chef's Tip Ramen has its roots in Chinese noodle dishes, but evolved into one of Japan's most iconic comfort foods.