



# UCOOK

## Vibrant Beef & Broccoli Stir-Fry

with soba noodles & sesame seeds

This beef stir-fry is simple & delicious, chef-curated and definitely doesn't disappoint. Time to bust out the pots and pans!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Sauvignon Blanc

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## Ingredients & Prep

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22,5ml	Mixed Sesame Seeds
450g	Free-range Beef Schnitzel (without crumb) <i>cut into strips</i>
22,5ml	Cornflour
15ml	Sesame Oil
150g	Soba Noodles
2	Onions <i>1½ peeled &amp; finely sliced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
300g	Broccoli <i>cut into bite-sized pieces</i>
15ml	Vegetable Stock
45ml	Low Sodium Soy Sauce
120g	Spinach <i>rinsed</i>

## From Your Kitchen

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

**1. OPEN SESAME** Boil the kettle for step 3. Place the sesame seeds in a large pan or wok over a medium heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside to cool.

**2. WE MEAT AGAIN** Add the beef schnitzel strips to a mixing bowl along with ½ the cornflour and some seasoning. Mix until the beef schnitzel is fully coated in the cornflour. Heat the sesame oil in the pan or wok over medium-high heat. Once hot, add the beef strips and stir-fry for about 2-4 minutes, until browned. Remove the beef from the pan, place it in a bowl, and set aside.

**3. SLURPY NOODLES** Fill a pot with boiling water, add a good pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender and al dente. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking, season lightly and set aside.

**4. BROCC YOUR WORLD** Wipe down the pan or wok if necessary and return to a medium-high heat with a drizzle of oil. Once hot, fry the sliced onions until slightly softened, 4-5 minutes. In the final 1-2 minutes, add the grated garlic and fry until fragrant, shifting constantly. Carefully add in 90ml of salted water and the broccoli florets and mix until fully combined. Cook the broccoli for 5-6 minutes until bright green and tender, shifting occasionally.

**5. SIZZLING STIR-FRY** In a small bowl, whisk together the remaining cornflour, the vegetable stock, and the soy sauce. Add to the broccoli mixture along with the browned beef. Mix until fully incorporated and cook for an additional 1-2 minutes until the sauce thickens slightly. Add the drained noodles and rinsed spinach to the pan or wok and cook until the spinach is slightly wilted, mixing occasionally.

**6. PLATE IT UP CHEF!** Plate up the tasty stir fry in serving bowls and sprinkle with toasted sesame seeds. Well done Chef!

## Nutritional Information

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Per 100g

Energy	506kJ
Energy	121Kcal
Protein	10.7g
Carbs	13g
of which sugars	1.2g
Fibre	1.8g
Fat	2.9g
of which saturated	0.6g
Sodium	315mg

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## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within  
4 Days