



Eat Within 4 Days

UCCOOK

Sweet & Savoury Beef Noodle Stir-Fry

with fresh coriander

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	459kJ	3775kJ
Energy	110kcal	903kcal
Protein	6g	49.4g
Carbs	15g	122g
of which sugars	5.6g	45.7g
Fibre	1.3g	10.7g
Fat	1.4g	11.1g
of which saturated	0.5g	3.8g
Sodium	278mg	2288mg

Allergens: Sulphites, Shellfish, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
480g	640g	Beef Sirloin
30ml	40ml	Cornflour
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
3	4	Garlic Cloves <i>peel & grate</i>
165ml	220ml	Asian Sauce <i>(75ml [100ml] Oyster Sauce & 90ml [120ml] Sweet Indo Sauce)</i>
7.5ml	10ml	Dried Chilli Flakes
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. CRISPY BEEF STRIPS Pat the steak dry. Thinly slice your steak, and coat in the corn flour. Place a pan over high heat with a drizzle of oil. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. BETTER TOGETHER Return the pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the carrots for 5-6 mins (shifting occasionally), then add the onion, green pepper and garlic for 4-5 mins (shifting occasionally). When cooked, add the egg noodles, beef strips and the Asian sauce. Toss, add a splash of water, season and let it simmer for 2-3 min.

4. SUPERB STIR-FRY Bowl up your stir-fry. Sprinkle the chilli flakes, coriander and enjoy, Chef!

Chef's Tip Slice the beef thinly against the grain for tender, juicy bites.