



# UCOOK

## Waterkloof's Asian Beef Stir-fry

**with chopped peanuts, lemon & chilli flakes**

A noodle-free stir-fry loaded with cabbage, carrot, onion, green beans, and tender beef chunks. It is doused in a tasty Asian peanut butter sauce and sprinkled with chopped peanuts and chilli flakes. This dish has it all: flavour, crunch and spice!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Waterkloof Wine Farm

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 Carb Conscious

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 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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## Ingredients & Prep

30ml	Asian Sauce <i>(20ml Tamari &amp; 10ml Fish Sauce)</i>
30ml	Peanut Butter
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Dried Chilli Flakes
1	Lemon <i>rinsed &amp; ½ cut into wedges</i>
150g	Pasture-raised Angus Beef Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled &amp; cut into thick slices</i>
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
100g	Cabbage <i>rinsed &amp; finely sliced</i>
120g	Carrot <i>½ rinsed, trimmed, peeled &amp; grated</i>
10g	Peanuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. ASIAN SAUCE** In a bowl, combine the Asian sauce, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the juice from 1 lemon wedge (to taste), 10ml of sweetener, and 30ml of water. Set aside.

**2. BROWN THE BEEF** Place a pan or wok over medium-high heat with a drizzle of oil. Pat the beef chunks dry with paper towel. When hot, sear the beef until browned, 2-3 minutes (shifting occasionally). Remove from the pan, set aside, and season.

**3. ALL TOGETHER NOW!** Return the pan or wok to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 3-4 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 2-3 minutes (shifting occasionally). Add the sliced cabbage and the grated carrot, and fry until slightly softened but still crunchy, 2-3 minutes (shifting occasionally). Toss through the browned beef and the Asian peanut sauce. Simmer until slightly reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season.

**4. YES TO YUM!** Plate up the steaming stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Serve any remaining lemon wedges on the side. Dive in!

## Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	8.4g
Carbs	6g
of which sugars	2.9g
Fibre	2.1g
Fat	3.8g
of which saturated	0.8g
Sodium	388mg

## Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Cook  
within  
4 Days