



# UCOOK

## Minced Beef & Green Bean Bowl

with a Pad Thai sauce, kale & chilli flakes

A noodle-free stir-fry loaded with kale, carrot, onion, green beans, and flavourful beef mince. It is doused in a tasty Pad Thai flavours and sprinkled with chopped peanuts and chilli flakes. This dish has it all: flavour, crunch, and spice!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Carb Conscious

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

60ml	Tamari Sauce
30ml	Fish Sauce
90ml	Peanut Butter
2	Garlic Cloves <i>peel &amp; grate</i>
15ml	Dried Chilli Flakes
45ml	Lime Juice
450g	Beef Mince
2	Onions <i>peel &amp; cut 1½ into thick slices</i>
240g	Green Beans <i>rinse, trim &amp; slice into thirds</i>
300g	Kale <i>rinse</i>
240g	Carrot <i>rinse, trim, peel &amp; grate ¾</i>
30g	Peanuts <i>roughly chop</i>

## From Your Kitchen

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

**1. PAD THAI SAUCE** In a bowl, combine the tamari with the fish sauce (to taste), the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the lime juice (to taste), 30ml of sweetener, and 90ml of water. Set aside.

**2. BROWN THE MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Remove from the pan and season.

**3. ALL TOGETHER NOW!** Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the onion slices until soft, 4-5 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the rinsed kale and the grated carrot, and fry until slightly softened but still crunchy, 3-4 minutes (shifting occasionally). Add the browned mince and the Pad Thai sauce, and toss until fully combined. Leave to 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. NO TO NOODLES, YES TO YUM!** Plate up the noodle-less stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Dive in!



## Chef's Tip

Air fryer method: Coat the shredded kale in oil and season. Air fry at 200°C until crispy, 7-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	6.7g
Carbs	7g
of which sugars	2.7g
Fibre	2.3g
Fat	7.4g
of which saturated	2.2g
Sodium	322mg

## Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Eat  
Within  
3 Days