



# UCCOOK

## Black Pepper Udon & Beef Rump Strips

with spinach & toasted soy-glazed cashews

U-don't know what you're missing if you haven't tried udon, Chef! These thick Japanese noodles soak up all the yumminess in the sweet tomato soy sauce, dotted with silky onion, crushed black peppercorns, and a spicy hit of fresh ginger. Served with NOMU Oriental Rub-coated beef strips and cashew nuts for crunch.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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## Ingredients & Prep

|       |  |
|-------|--|
| 400g  | Udon Noodles   |
| 60g   | Cashew Nuts  |
| 60ml  | Honey-soy<br><i>(40ml Low Sodium Soy Sauce &amp; 20ml Honey)</i>   |
| 600g  | Free-range Beef Rump Strips  |
| 80ml  | Rub & Flour<br><i>(40ml Cornflour &amp; 40ml NOMU Oriental Rub)</i>                                      |
| 2     | Onions<br><i>peel &amp; roughly slice</i>  |
| 4     | Garlic Cloves<br><i>peel &amp; grate</i>   |
| 20ml  | Crushed Black Peppercorns  |
| 40g   | Fresh Ginger<br><i>peel &amp; grate</i>  |
| 200ml | Sweet Tomato Soy Sauce<br><i>(120ml Sweet Indo Soy Sauce, 40ml Tomato Paste &amp; 40ml Oyster Sauce)</i> |
| 160g  | Spinach<br><i>rinse &amp; roughly shred</i>  |

## From Your Kitchen

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

**1. NOODLES** Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain and toss through a drizzle of olive oil.

**2. NUTS** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Deglaze the pan with the honey-soy and simmer until evaporated, 1-2 minutes. Remove from the pan and roughly chop when cool enough to handle.

**3. BEEF** Return the pan wiped down to medium-high heat with enough oil to cover the base. Pat the beef strips dry with paper towel, add to a bowl, add the rub & flour, and toss to combine. When hot, fry the strips until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches.

**4. LOADED NOODLES** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 5-6 minutes. Add the grated garlic, crushed black peppercorns (to taste), and the grated ginger, fry until fragrant, 1-2 minutes. Mix in the sweet tomato soy glaze and 200ml of water. Simmer until slightly thickening, 3-4 minutes. Mix in the cooked beef strips, the noodles, and the shredded spinach. Mix to combine, 1-2 minutes. Remove from the heat and season.

**5. DINNER IS READY** Bowl up the loaded noodles and sprinkle over the chopped nuts. Well done, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 615kj   |
| Energy             | 147kcal |
| Protein            | 8.1g    |
| Carbs              | 17g     |
| of which sugars    | 7g      |
| Fibre              | 1.3g    |
| Fat                | 3.2g    |
| of which saturated | 0.9g    |
| Sodium             | 379mg   |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts, Soy, Shellfish

Eat  
Within  
4 Days