



U C O O K

— COOKING MADE EASY

One-Pan Beef Stir Fry

with pak choi, pickled ginger & tamari

A one-pan winner of a dinner that ticks all the boxes: gluten-free, quick 'n easy, carb conscious, and totally scrumptious! Vibrant veg and tender strips of beef in a tamari, sesame oil, and honey sauce, spiced with sriracha and zooted up with lime.

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Tess Witney

 **Health Nut**

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Ingredients & Prep

100g	Pak Choi
10g	Cashew Nuts
150g	Free-Range Beef Schnitzel (without crumb)
1	Onion <i>one half peeled & thinly sliced</i>
7.5ml	NOMU Oriental Rub
35ml	Tamari-Sesame <i>(20ml Tamari, 7.5ml Sesame Oil & 7.5ml Honey)</i>
100g	Shredded Red Cabbage & Julienne Carrot
15ml	Sriracha
1	Lime <i>zested & cut into wedges</i>
10g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. PAK CHOI PREP Trim the base of the pak choy, separate, and rinse well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems and set aside separately to the halved leaves.

2. TOAST THE CASHEWS Place a pan or wok over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. SEAL THE BEEF Cut the beef into 2cm thick strips. Return the pan or wok to a high heat with a drizzle of oil. When hot, sear the beef strips for 2 minutes, shifting as they colour, until browned but not cooked through. Remove from the pan on completion and set aside.

4. STIR FRY TIME! Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the sliced onion and pak choy stems for 2-3 minutes until soft and translucent. Add the Oriental Rub to taste and sauté for a minute until fragrant. Pour in the tamari-sesame sauce and simmer for about a minute, stirring continuously. Add in the pak choy leaves and the cabbage and carrot. Fry for 2-3 minutes, tossing continuously, until wilted but still al dente. Return the beef strips to the pan and stir in some sriracha to taste. Toss for a further 1-2 minutes until the beef is cooked through and evenly coated. Finish off with a pinch of lime zest and the juice of 2 lime wedges. Stir to combine, remove from the heat, and season to taste.

5. EASY PEASY LIME SQUEEZY! Time to bowl up this one-pan dinner winner. Dish up some beef stir fry, sprinkle over the chopped cashews, and garnish with the chopped pickled ginger. If you'd like, top with any remaining sriracha, lime zest, and pan juices. Serve with a lime wedge on the side, and there you have it!



Chef's Tip

You can use a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	8.1g
Carbs	7g
of which sugars	4g
Fibre	1.5g
Fat	3.2g
of which saturated	0.7g
Sodium	387mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts,
Soy

Cook
within 3
Days