



UCOOK

Amazing Beef Stir-fry

with green beans & basmati rice

If you've had one of those days at work, this is the dinner recipe you need, Chef. Feel the stress melt away from your shoulders with every bite of the fluffy basmati rice dotted with plump edamame beans, topped with browned beef strips in an umami-rich UCOOK Asian sauce. Sided with charred green beans.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
40g	Edamame Beans
1 unit	UCOOK Asian Sauce
80g	Green Beans <i>rinse</i>
150g	Free-range Beef Rump Strips
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
5ml	White Sesame Seeds

From Your Kitchen

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

1. RICE & BEANS Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SILKY SAUCE & GREEN BEANS While the rice is simmering, boil the kettle. In a bowl, loosen the Asian sauce with boiling water in 10ml increments until smooth and silky. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. BROWNED BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Cut the beef strips into smaller pieces (if necessary). When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Mix in the silky Asian sauce and remove from the heat.

4. IT ALL COMES TOGETHER Make a bed of the fluffy rice. Top with the beef strips & the sauce (to taste). Side with the charred beans. Garnish with the sliced spring onion (to taste) and the sesame seeds.



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	782kj
Energy	187kcal
Protein	11.6g
Carbs	19g
of which sugars	2.8g
Fibre	1.7g
Fat	4.9g
of which saturated	1.2g
Sodium	205mg

Allergens

Gluten, Allium, Sesame, Wheat, Fish, Soy, Shellfish

Eat
Within
2 Days