



UCCOOK

Crispy Chinese Beef

on white basmati rice with toasted sesame seeds

Chinese-style crispy beef strips doused in a spicy, sweet and salty silken sauce and flecked with edamame beans, pickled bell peppers, and fresh spring onion. Pour that over a bed of fluffed white basmati rice and you are good to go!

Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

100ml	White Basmati Rice
5ml	Mixed Sesame Seeds
20ml	Spiced Cornflour <i>(15ml Cornflour & 5ml Chinese 5 Spice)</i>
150g	Free-range Beef Schnitzel (without crumb) <i>cut into 1-2cm strips</i>
80g	Edamame Beans
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
10ml	Sambal Oelek
45ml	Sweet & Salty Sauce <i>(20ml Rice Wine Vinegar, 5ml Low Sodium Soy Sauce, 10ml Sweet Chilli & 10ml Tomato Ketchup)</i>
50g	Pickled Bell Peppers <i>drained & finely sliced</i>

From Your Kitchen

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

1. FLUFFY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. TOASTY SEEDS Place the sesame seeds in a large pan or wok over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

3. GOLDEN BEEF In a bowl, combine the spiced cornflour with some seasoning. Add the beef schnitzel strips and toss until fully coated. Return the pan or wok to a high heat and fill with 4-5cm of oil. When hot, fry the coated beef strips for 3-4 minutes until golden and crispy. Remove from the pan and allow to drain on paper towel. Discard the oil from the pan or wok.

4. BEAUTIFUL BEANS Boil the kettle. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion.

5. LET'S GET SAUCY Return the pan or wok to a medium heat with a drizzle of oil, if necessary. Add the spring onion whites and fry for 1-2 mins, until soft. Stir in the sambal oelek (to taste), the sweet & salty sauce, the pickled pepper slices and the crispy beef. Simmer for 1-2 minutes until the sauce has slightly thickened, stirring occasionally.

6. STUNNING! Plate up your fluffy basmati rice and top with the sticky beef, and drizzle over the sauce. Garnish with the edamame beans, spring onion greens, and toasted sesame seeds. Yum, Chef!



Chef's Tip

Pouring oil down the drain can clog your pipes and have a negative impact on the environment! Instead, pop it in a sealable container to be used again or thrown away!

Nutritional Information

Per 100g

Energy	656kj
Energy	157Kcal
Protein	11.7g
Carbs	23g
of which sugars	4.1g
Fibre	1.5g
Fat	2g
of which saturated	0.4g
Sodium	317mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within
4 Days