



UCCOOK

Mongolian Beef Rump Strips

with jasmine rice & sesame seeds

Beef rump strips are coated in cornflour to create a crisp coating whilst frying, before being tossed through a tasty sauce made of hoisin, fresh chilli, garlic and ginger. Thin strips of carrot and cabbage are added at the last minute for some crunch. These saucy beef strips are then served over steaming jasmine rice. This dish is divine from the first bite to the last!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Paserene | Dark Shiraz

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
30ml	Cornflour
25ml	Hoisin Sauce
1	Fresh Chilli <i>deseeded & finely sliced</i>
20ml	Rice Wine Vinegar
10ml	White Sesame Seeds
150g	Free-range Beef Rump Strips <i>pat dry</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
2	Spring Onions <i>finely sliced</i>
100g	Cabbage <i>finely sliced</i>
100g	Julienne Carrots

From Your Kitchen

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

1. JAZZY RICE 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, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff up with a fork and cover.

2. SAUCY SAUCY Place 5ml of the cornflour in a bowl. Slowly pour in 80ml of water, stirring continuously. On completion, add the hoisin sauce, the sliced chilli (to taste), and the rice wine vinegar. Stir until fully combined and set aside.

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

4. CRISPY BEEF Return the pan to a medium-high heat with enough oil to cover the base. In a bowl, add the remaining cornflour, the beef strips, and seasoning. Toss until fully coated. When the pan is hot, add the coated beef strips and fry until crispy, 45-60 seconds per side. Drain on paper towel. Reserve about 1 tbsp of the oil in the pan, discarding the rest.

5. FINISH UP! Return the pan, with the reserved oil, to a low-medium heat. When hot, add the grated garlic, the grated ginger, and ½ the sliced spring onion. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the hoisin-chilli sauce and leave to simmer until sticky and glossy, 1-2 minutes. Add the cooked beef strips, the sliced cabbage, and the julienne carrot to the pan. Remove from the heat, toss until fully combined, and season to taste.

6. LET'S MUNCH! Plate up a heaping helping of the rice and top with the saucy Mongolian beef and veg. Garnish with the remaining spring onion and the toasted sesame seeds. Enjoy, Chef!



Chef's Tip

To get the crispiest results when frying the beef, don't overcrowd the pan.

Nutritional Information

Per 100g

Energy	626kJ
Energy	150kcal
Protein	7.8g
Carbs	19g
of which sugars	4.2g
Fibre	1.7g
Fat	2.6g
of which saturated	0.8g
Sodium	189mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day