



# UCOOK

## Egg Noodles & Teriyaki-style Beef

with carrot & cucumber

Al dente egg noodles are coated in a special UCOOK teriyaki sauce, together with NOMU Oriental-spiced beef mince and carrot ribbons. Finished with fresh cucumber matchsticks to complete a meal that no-one will be able to match, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Simple & Save

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Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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## Ingredients & Prep

1 cake	Egg Noodles
150g	Beef Mince
5ml	NOMU Oriental Rub
1	Onion <i>peeled &amp; roughly slice ½</i>
120g	Carrot <i>rinse, trim, &amp; peel into ribbons</i>
25ml	Teriyaki Sauce <i>(15ml Sweet Chilli Sauce &amp; 10ml Low Sodium Soy Sauce)</i>
100g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>

## From Your Kitchen

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

**1. OODLES OF NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse with cold water.

**2. ORIENTAL MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TERRIFIC TERIYAKI** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until browned, 5-6 minutes. Add the carrot ribbons, and fry until softening, 2-3 minutes (shifting occasionally). Toss through the cooked noodles, the cooked mince, the teriyaki sauce, and seasoning.

**4. GREAT WORK, CHEF!** Dish up the beef noodles and top with the cucumber matchsticks.

## Nutritional Information

Per 100g

Energy	544kj
Energy	130kcal
Protein	6.3g
Carbs	24g
of which sugars	3.5g
Fibre	1.2g
Fat	5.2g
of which saturated	2g
Sodium	164mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
3 Days