



# QCOOK

## Sweet & Savoury Hoisin Beef Noodle Bowl

with spring onion & sesame seeds

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Zevenwacht | Estate Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	784kJ	3488kJ
Energy	188kcal	834kcal
Protein	10.5g	46.9g
Carbs	18g	81g
of which sugars	5.8g	25.7g
Fibre	1.3g	5.8g
Fat	7.9g	35.2g
of which saturated	1.1g	4.9g
Sodium	319mg	1419mg

**Allergens:** Sulphites, Shellfish, Egg, Fish, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	White Sesame Seeds
3 cakes	4 cakes	Egg Noodles
360g	480g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
450g	600g	Beef Schnitzel (without crumb)
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
120ml	160ml	Tangy Hoisin <i>(37,5ml [50ml] Rice Wine Vinegar, 75ml [100ml] Hoisin Sauce &amp; 7,5ml [10ml] Fish Sauce)</i>
150ml	200ml	Mayo

## From Your Kitchen

Seasoning (salt & pepper)  
Water  
Oil (cooking, olive or coconut)  
Paper Towel  
Sugar/Sweetener/Honey  
Butter (optional)

- 1. OPEN (WITH) SESAME** 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.
- 2. 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 in cold water.
- 3. GOLDEN CARROTS** Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the carrot until starting to soften, 6-8 minutes. Remove from the pan, season and set aside.
- 4. HEAVENLY HOISIN SCHNITZEL** Return the pan to medium-high heat with a drizzle of oil (if necessary). Pat the schnitzel dry with paper towel and cut into 1cm strips lengthwise. When hot, sear the schnitzel and spring onion whites until browned, 1-2 minutes (shifting occasionally). Turn down the heat and add back the carrot along with the tangy hoisin sauce, 150ml [200ml] of water and a sweetener (to taste). Simmer until slightly reduced, 2-3 minutes.
- 5. COAT IN FLAVOUR** Remove the pan from the heat and add the cooked egg noodles. Toss to coat the noodles in the hoisin sauce.
- 6. MMMAYO** In a small bowl, add the mayo. Mix water in with the mayo in 5ml increments until a drizzling consistency. Set aside.
- 7. SENSATIONAL SUPPER** Plate up the loaded noodles. Drizzle over the mayo dressing. Top with the toasted sesame seeds and garnish with the spring onion greens.