



UCCOOK

Yakisoba Beef Stir-fry

with fresh coriander & edamame beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	622kJ	2767kJ
Energy	149kcal	662kcal
Protein	10.8g	48g
Carbs	16g	73g
of which sugars	6g	26.6g
Fibre	1.3g	5.9g
Fat	2.8g	12.5g
of which saturated	0.8g	3.4g
Sodium	379mg	1688mg

Allergens: Gluten, Wheat, Sulphites, Soy, Shellfish

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Soba Noodles
150g	300g	Beef Rump Strips
100g	200g	Pak Choi <i>trim at the base</i>
20g	40g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
50g	100g	Edamame Beans
55ml	110ml	Stir-fry Sauce <i>(10ml [20ml] Oyster Sauce, 15ml [30ml] Low Sodium Soy Sauce & 30ml [60ml] Mrs Balls Chutney)</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. AND WE'RE OFF! Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. SIZZLING STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

3. SOME PREP Separate the leaves of the pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

4. STIR-FRY STARTER Return the pan to a medium-high heat with a drizzle of oil. Add the pak choi stems and fry until soft, 2-3 minutes (shifting occasionally).

5. CAUSE A STIR(FRY) When the stems are soft, add back the beef strips, the pak choi leaves, the piquanté peppers, the noodles, ½ the coriander, and the edamame beans to the pan. Fry until heated through, 2-3 minutes. Remove from the heat and toss through the stir-fry sauce. Season.

6. ITADAKIMASU! Dish up the fragrant beef stir-fry. Sprinkle over the chilli (to taste) and the remaining coriander. Delish, Chef!