Eat Within 4 Days

UCOOK

Amazing Beef Stir-fry

with green beans & basmati rice

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	782kJ	3109kJ
Energy	187kcal	744kcal
Protein	11.6g	46.1g
Carbs	19g	75g
of which sugars	2.8g	11g
Fibre	1.7g	6.7g
Fat	4.9g	19.5g
of which saturated	1.2g	4.7g
Sodium	205mg	814mg

Allergens: Shellfish, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice *rinse*
120g	160g	Edamame Beans
240g	320g	Green Beans *rinse & cut in half*
450g	600g	Beef Rump Strips
2 units	2 units	UCOOK Asian Sauce
2	2	Spring Onions *rinse, trim & roughly slice*
15ml	20ml	White Sesame Seeds

From Your Kitchen

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

1. RICE & BEANS Place the rinsed rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the edamame beans, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GREEN BEANS While the rice is simmering, place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. BROWNED BEEF Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Cut the beef strips into smaller pieces (if necessary). When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Mix in the silky Asian sauce and remove from the heat.

4. IT ALL COMES TOGETHER Make a bed of the fluffy rice. Top with the beef strips and the sauce (to taste). Side with the charred beans. Garnish with the spring onion (to taste) and the sesame seeds.

Chef's Tip 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.