

BEEF, NOODLE & VEGETABLE STIR FRY

INGREDIENTS

- 500g Thin Beef Strips or Chinese Beef Strips
- 500g Chinese Instant Noodles (4 cakes)
- 1 tablespoon Peanut Oil
- 1 teaspoon Fresh Ginger, grated
- 1-2 teaspoons Fresh Garlic, crushed
- 16 Snow Peas, chopped
- 100g Button Mushrooms, sliced
- 10 Asian Mini Corns, whole
- 1 large Carrot, sliced
- 1 small head Broccoli, segmented into smaller pieces
- 3 tablespoons Old Cathay Soya Sauce
- 2 tablespoons Sesame Oil
- 2 tablespoons Sweet Chilli Sauce
- 1 beef cube added to 1/2 cup of Water

METHOD

1. Heat 1 tablespoon of peanut oil in a wok over high heat and stir fry the beef until brown. Remove from the wok.
2. Add the ginger and garlic to the wok and stir fry for one minute. Add the snow peas, carrot, broccoli, mushroom, corn, stock Old Cathay Soya Sauce and chilli sauce and cook until the vegetables are tender.
3. Place the noodles into a heat resistant bowl and pour over boiling water to cover and allow them to become tender. Drain. Then add noodles, vegetables and beef and toss until combined and heated through.
4. Serve with additional Old Cathay Soya Sauce.

