



ASIAN BEEF STIR FRY

Prep: 20min – Serves 2 – Quick & Easy

For the marinade:

1 garlic clove
½ red chili
1 tsp lemongrass paste
½ tsp ginger paste
1 tsp sunflower oil
150g beef

For the noodles:

150g dried Asian egg noodles
2 spring onions
1 tsp soy sauce
1 tsp sesame oil

½ red onion
2 tbsp sunflower oil
a handful of sugar snaps
a handful of beansprouts
1 tbsp fish sauce
1 tbsp ketjap manis
a bit of lime juice

sesame seeds, to serve
lime wedges, to serve
coriander, to serve

1. Start by flash-marinating the beef: peel and crush the garlic clove. Slice open the chilli, deseed and finely slice. Put into a small bowl with the garlic, lemongrass, the ginger paste and the sunflower oil.
2. Cut the beef into fine strips and mix with the marinade. Set aside for 10 minutes while preparing the rest.
3. Finely slice the red onion. Heat up one tablespoon of sunflower oil in a wok, add the red onion and the sugar snaps and stir-fry for 3 minutes over a high heat. Add the beansprouts and stir-fry for another 3 minutes. Transfer into a bowl and set aside.
4. Bring a saucepan with salted water to the boil. Cook the noodles for 5 minutes until al dente.

5. Meanwhile, heat up the remaining tablespoon of sunflower oil in the wok and stir-fry the beef over a high heat for approximately 5 minutes, until cooked through. Add the vegetables and their liquid and fry for another minute to warm through.
6. Finely slice the spring onions. Drain the cooked noodles and put them in a bowl. Add the spring onions, soy sauce and sesame oil and mix.
7. Distribute the noodles between two plates and add the beef and vegetables. Sprinkle with sesame seeds and garnish with lime wedges and coriander.

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