



Foodicious
RECIPES

Beef with Noodles

Ingredients

For the Stir-Fry

- Stir-fry steak (flank, sirloin, or rump), thinly sliced and trimmed of fat
- 1 head of broccoli, chopped into florets
- A handful of mangetout (or substitute with French beans or sugar snap peas)
- Dried egg noodles (or straight-to-wok noodles)
- 2 spring onions, sliced (for garnish)

For the Sauce

- 1 tablespoon fresh or jarred ginger, grated
- 2 garlic cloves, minced
- 2 tablespoons oyster sauce
- 2 tablespoons dark soy sauce (low sodium preferred)
- 1 tablespoon runny honey
- 1 tablespoon tomato sauce (ketchup works well)

Instructions

1. In a small bowl, mix together the ginger, garlic, oyster sauce, soy sauce, honey, and tomato sauce. Set aside.
2. Place the egg noodles in a bowl and cover with boiling water. Place a plate on top to trap the heat. Let them soak while you cook the rest, stirring occasionally to ensure even softening.

3. Heat a splash of oil in a large pan or wok over high heat. Add the sliced steak and stir-fry for 2–3 minutes until browned and just cooked through.
4. Add the broccoli and mangetout to the pan. Stir-fry for another 2–3 minutes until they begin to soften but remain crisp.
5. Drain the noodles and add them to the pan along with the prepared sauce. Toss everything together to coat well and heat through.
6. Plate up and garnish with sliced spring onions. Serve immediately.