

Beef Stir Fry

Served with noodles



Number of servings: 2

Prep time: 15 min

Cook time: 10 min

Total time: 25 min

Cost: £1.20 per portion

Ingredients:

- 3 cloves of garlic (finely sliced)
- ½ red chilli (finely sliced)
- 1 thumb sized piece of ginger (cut into thin match sticks)
- ½ red onion (sliced)
- 1 rump steak (sliced finely)
- 1 small hand full of sugar snap peas
- 1 pak choi (roughly torn)
- 2 spring onions (sliced)
- 1 tbsp olive oil
- ½ small handful of watercress
- 1 tbsp Thai fish sauce
- 1 tbsp light soy sauce
- ½ tbsp oyster sauce
- Small handful of basil leaves
- 70g Dried noodles

Directions:

1. Start by chopping the vegetables (Garlic, Chilli, Ginger, Onion, Peas, pak choi) slice them nice and fine then set aside and finely slice the steak.

2. Fill a pan with slightly salted water and bring to a boil. Add the noodles and cook for 3-4 minutes, drain and cool under cold running water
3. Put the pan on a high heat and add the olive oil then start to fry the vegetables & meat for 3 minutes until the meat is cooked through.
4. Then add the (fish sauce, oyster sauce and soy sauce).
5. Add the cooked noodles, basil and spring onions. Serve topped with watercress.