


Today's Favourite

BEEF, BROCCOLI AND SNOW PEA STIR-FRY

 5 serves of vegies per recipe

Ingredients

250g cooked Hokkien egg noodles	1/2 head broccoli, cut into florets
2 teaspoons oil	100g snow peas, ends and strings removed
400g rump steak, sliced	2 tablespoons water
1 medium brown onion, diced	1 tablespoon oyster sauce
2 cloves garlic, crushed	1 teaspoon cornflour
1 teaspoon ginger, peeled and grated	1/2 tablespoon reduced-salt soy sauce
	1 teaspoon chilli sauce

Method

Prepare noodles following packet directions. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm. Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften. Return beef to pan. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken. Serve with noodles. Serves 4.



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