



Beef & Vegetable Stir-fry with Hokkien Noodles

A classic Asian dish with pre-cut Irish beef makes for a tasty and quick stir-fry. This dish is packed with veggies to up the nutritional content and make for a colourful, crunchy meal. The garnish is what really finishes it all off, with a sprinkle of the sesame seeds and spring onion at the end.

Nutritional Info

Calories: 409 kcal
Carbohydrates: 25 g
Protein: 36 g
Fat: 15 g

Ingredients

- Irish Beef Strips
- Red Chilli
- Red Pepper
- Garlic
- Baby Corn
- Carrot
- Spring Onion
- Sesame Seeds
- Hokkien Noodles
- Soy Sauce

Your Pantry

- Olive Oil

Allergens

Sesame Seeds
Soybeans (Soy Sauce)
Wheat (Soy Sauce, Noodles)
Egg (Noodles)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables

Cut the baby corn into halves. Chop the Chilli. Thinly slice the pepper. Thinly slice the carrot. Chop the spring onion and set aside some for garnish later.

2) Cook the beef

Heat some olive oil in a wok or large pan over a medium-high heat and add the beef. Cook the beef until browned (approximately 2-3 minutes). Then remove from the pan and set aside.

3) Cook the noodles

Add the noodles to a pot of boiling water and simmer for 4 minutes. Meanwhile..

4) Cook the vegetables

Add the baby corn, pepper, carrot, spring onion, chilli and garlic to the center of the same pan that you just cooked the beef in. Cook and stir vegetables for 2-3 minutes.

Drain the noodles and rinse with cold water. Leave to one side.

5) Add the beef back in

Add the beef back into the pan with the vegetables. Add half the sesame seeds and season with soy sauce cooking for 2-3 minutes.

6) Add the noodles

Add noodles and gently toss until hot and covered with the sauce.

7) Plate the dish

Serve on a plate with a sprinkle of the remaining sesame seeds and spring onion.



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