



Stir-fry Beef with Asian Greens, Shredded Carrot & Crunchy Peanuts

Bok choy, a member of the cabbage family, is a staple of many Asian dishes and particularly of Chinese food, where it's a common element of many stir-fry dishes. Baby bok choy, which we use in this dish, is not only a smaller variety, but is also more tender and cooks faster. Perfect for your dinner!

Ingredients

- Irish Beef Strips
- Onion
- Ginger
- Carrot
- Egg Noodle Nest
- Bok Choy
- Fresh Coriander
- Peanuts
- Marinade
 - Fish Sauce
 - Soy Sauce

Your Pantry

- Olive Oil
- Salt

Nutritional Info

Calories: 442 kcal
Carbohydrates: 37 g
Protein: 42 g
Fat: 10 g

Allergens


[Nut \(Peanuts\)](#)
[Egg \(Noodles\)](#)
[Soybeans \(Soy Sauce\)](#)
[Wheat \(Noodles, Soy Sauce\)](#)
[Crustaceans/fish \(Fish Sauce\)](#)

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) Marinate the beef

In a bowl, combine the marinade with the beef. Start bringing a pot of water to the boil in preparation for the noodles.

2) Prepare the onion & ginger

Thinly slice the onion. Grate about 1 teaspoon of ginger per person.

3) Prepare the carrot & Bok Choy

Peel the carrot, and then grate it on the thickest grade of the grater. If you don't have a grater, use a vegetable peeler to peel ribbons. Chop off the base of the bok choy and separate out the leaves.

4) Cook the noodles

Place the noodles in the pot of boiling salted water and let them simmer for 4 – 5 minutes. Put a pan on a high heat with a drop of oil.

5) Stir-fry the beef

In the very hot pan stir-fry the beef for 1 minute. Add in the onion, ginger and carrot and cook for another 2 minutes.

6) Add the bok choy and noodles.

Add in the bok choy to the pan and allow to wilt. Then strain the noodles and add to the pan. Stir everything together.

7) Plate the dish

Finish the dish by sprinkling over some peanuts and freshly chopped coriander. If too dry, drizzle over some soy sauce to taste. Enjoy!



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