

Chinese beef and noodle stir-fry

Serves 4

180g noodles

1tbsp peanut oil

500g beef strips

1 medium red onion, sliced

2 cloves garlic, crushed

2tsp fresh ginger, thinly sliced

1 green pepper, seeded and thinly sliced

250g baby spinach leaves

250g pak choi, shredded

200g broccoli, cut into florets

200g butternut squash, thinly sliced

- 1 Prepare the noodles according to the packet instructions and set aside.
- 2 Heat oil in wok or large frying pan and stir-fry beef until cooked through.
- 3 Add onion, garlic and ginger and stir-fry until the onion is soft.
- 4 Add pepper, baby spinach, pak choi, broccoli and butternut and stir-fry until vegetables are just tender.
- 5 Add the noodles and toss together. Serve warm.

Fat	20g	Carbs	38g	Energy	502kcal
Protein	45g	Sodium	.2g	Fibre	5g



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