



JERNEJ KITCHEN

BEEF STIR FRY NOODLES

Beef Stir Fry Noodles is a quick and delicious dinner recipe. Tender beef, crispy vegetables and perfectly cooked noodles in a silky sauce. So good.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	10	MINUTES
TOTAL TIME:	20	MINUTES

BEEF STIR FRY NOODLES

- 250 g egg noodles (9-ounce)
- 1/4 red chili
- 1 tsp fresh ginger
- 1 clove of garlic
- 1 small onion
- 2 carrots
- 1 bell pepper
- 100 g broccoli florets (3.5 ounces)
- 3 spring onions
- 4 savoy cabbage or cabbage
- 80 g light soy sauce (1/3 cup)
- 50 g Chinese cooking wine (or soy sauce) (1/4 cup)
- 1 tbsp sugar
- 1 tsp tamarind paste
- 1 tsp Oyster sauce
- 2 tbsp lime juice
- 2 eggs
- 3 tbsp sesame oil
- 250 g beef top sirloin filet (9 ounces)

PREPARE THE NOODLES AND VEGETABLES

Add the egg noodles to a bowl. Cover with boiling water and set aside for 5 - 8 minutes. Finely chop the chili, garlic, and ginger. Cut the onion, carrots, and bell pepper on thin strips. Cut the spring onions and cabbage diagonally on smaller pieces.

PREPARE THE SOY MIXTURE AND FRY THE EGGS

In a small bowl stir to combine light soy sauce, Chinese cooking wine (or more soy sauce), sugar, tamarind paste, Oyster sauce, and lime juice. Set aside until needed. Place a large wok pan over high heat. When the wok pan is hot, add sesame seed oil. Crack in the eggs and pan-fry them for 30 seconds, then start stirring using a spoon, to get dry scrambled eggs, cook for another 30 - 60 seconds until golden brown. Transfer the scrambled eggs to a bowl and clean the wok pan using paper towels.

COOK THE STEAK

Place the wok pan on high heat. Pat dry the sirloin steak and cut in on thin strips. Add two tablespoons of sesame oil to the wok pan along with the steak. The wok pan is very hot, so be careful. Cook the steak for 1 minute, then stir and cook for another 60-90 seconds or until golden-brown and tender. Remove the steak from the wok pan to a plate.

SERVE

Now add the onion, chili, garlic, ginger, bell pepper, and broccoli florets to the pan. While occasionally stirring, cook the vegetables for 1 - 2 minutes over high heat. Add the soy sauce mixture, stir and cook for another 60 seconds, for the sauce to thicken. Add the drained egg noodles, spring onions, kale, and

1 tbsp sesame seeds

TOOLS AND EQUIPEMENT

bowl

kitchen knife

cutting board

wok pan

paper towels

cooked steak. Stir well and remove from the heat. In the end, add the pan-fried egg and sesame seeds. Toss well, divide between plates and serve with a lime wedge and sprinkle with sesame seeds and chopped spring onion.