FROM OUR KITCHEN

Beef and rice noodle stir-fry



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	4

01 Ingredients

- [ ] 500 g lean beef mince
- [ ] 1 tbsp sunflower oil
- [ ] 2 cloves garlic, sliced
- [ ] 2.3 tbsp soy sauce
- [ ] 1 bunch gai laan, sliced 4cm lengths
- [ ] 1 carrot, batons
- [ ] 2 cups fresh rice noodles, soaked in cold water to loosen, drained
- [ ] 100 g snow peas, halved/sliced

02 Step-by-step method

01 Heat a wok over high heat, add oil and swirl to coat. Add mince and let it brown on one side. Turn and move around to break up mince.

02 Once browned add garlic and soy.

03 Add noodles and toss to coat. Add carrot and gai laan and cook until almost

tender. Add snow peas for the final 30 seconds of cooking. Top with coriander sprigs, to serve.