



BEEF, BROCCOLI & SNOW PEA STIR-FRY

Serves 4. 5 serves of vegies in this recipe. 15 minutes preparation + 10 minutes cooking.

Thanks to 'Go for 2 & 5'. For more healthy recipes and nutritional information visit www.gofor2and5.com.au.

Ingredients

- 250g cooked Hokkien egg noodles
- 2 tspn oil
- 400g rump steak, sliced
- 1 medium, brown onion, diced
- 2 cloves garlic, crushed
- 1 tspn ginger, peeled and grated
- ½ head broccoli, cut into florets
- 100g snow peas, ends and strings removed
- 2 tspn water
- 1 tspn oyster sauce
- 1 tspn cornflour
- ½ tspn reduced-salt soy sauce
- 1 tspn chilli sauce

Method

Prepare noodles following packet directions. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm.

Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften.

Return beef to pan. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken.



Variation

Substitute 400g lean pork leg steak for beef. Replace broccoli and snow peas with other vegetables, eg: Chinese cabbage, bok choy or sliced carrots.

NUTRITION INFORMATION					
Serve size: 343 g					
	Quantity per serve	Quantity per 100 g		Quantity per serve	Quantity per 100 g
Energy	1772.95 kJ	517.50 kJ	Fibre	5.35 g	1.56 g
Protein	38.95 g	11.37 g	Sodium	493.83 mg	144.14 mg
Fat	11.79 g	3.44 g	Carbohydrate	37.08 g	10.82 g
-saturated	4.20 g	1.23 g	-sugars	3.19 g	0.93 g