

Quick Beef Chow Mein

Serves 4

5.5 oz. (160g) egg noodles
7 oz. (200g) beef tenderloin
1 tbsp. sesame oil
1 clove garlic, minced
1 tbsp. ginger, grated
½ leek, sliced (mostly white parts)
1 red bell pepper, sliced
3 mushrooms, sliced
a pinch of ground white pepper
a pinch of sugar
3 tbsp. soy sauce + 2 tbsp. water
2 tbsp. spring onions, chopped

What you need to do

1. Prepare the noodles according to instructions on the packaging.
2. Cut the beef into thin strips.
3. Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.
4. Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.
5. To serve, divide onto serving dishes and garnish with chopped spring onions.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	325	10	33	28

*Nutrition per serving

