




Gingered beef & cashew stir fry

Hokkien noodles

 20 minutes

 Skill
Medium

 About
680

GATHER
YOUR **YELLOW**
INGREDIENTS



Ingredients

2	4	6	 Serves
1	2	3	Long red chilli
1	2	3	Gai lan bunch
1	2	3	Hokkien noodles
20g	40g	60g	Cashews
2cm	4cm	6cm	Ginger knob
260g	520g	780g	Sliced beef
200ml	400ml	600ml	Sauce mixture

Method

! Boil a kettle of water.

UTENSILS: Medium mixing bowl, large frypan



PREPARE THE INGREDIENTS

Cut the base off the gai lan and slice into 5 cm sections. Finely slice the chilli. Finely shred the ginger.



COOK THE NOODLES

Place the hokkien noodles into a bowl of boiling water for 3-4 minutes. Remove from the bowl, strain and set aside.



COOK THE MEAT

Place a large frypan with 1 tbs of oil over a high heat. Begin to sauté the ginger, chilli and sliced beef for 3-4 minutes.



ADD THE VEGETABLES

Add the gai lan and sauce mixture to the pan with the hokkien noodles. Toss to ensure all ingredients are evenly mixed. Cook for a further 4-5 minutes.



PLATE THE DISH

To plate the dish, divide the mix between bowls and garnish with cashews.

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Wine Matching

Pair with an Italian Vermentino.