

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Hanoi Beef Stir Fry

Ingredients

300g medium egg noodles, either 'pre-cooked' available in a pouch or fresh or dried*

2½ tsp sunflower oil, plus extra for drizzling

400g lean minced beef

2 tbsp white plain flour

600g thinly sliced bell peppers, courgettes, cabbage, onion and carrots

Sauce

2 tbsp light soy sauce

2 tbsp fish sauce

1 tbsp light brown soft sugar

30g fresh root ginger, grated

2 garlic cloves, crushed

1 red chilli, finely chopped and deseeded

Method

Cook noodles according to pack instructions, then toss through a little oil and set aside. Meanwhile in a medium bowl, break up the mince and add the flour. Season with black pepper and toss to coat.

Heat 2 tbsp oil in a large wok or wide deep-frying pan over a high heat and fry the mince in three batches for 2 minutes each transferring each batch with a slotted spoon to a plate lined with kitchen paper when cooked.

Wipe out the frying pan with kitchen paper, then add the remaining ½ tbsp oil to the pan and return to a medium heat. Add the mixed vegetables and fry for 4-5 minutes until tender.

Mix the sauce ingredients together then add to the wok with the noodles and cook for 1 minute. Return the beef to the pan and stir through, then cook for another 30 seconds or until everything is heated through.

Serve in warm serving bowls.

*Noodles can be purchased in pouches ready to microwave or fresh which require a short cook in boiling water or dried which need to be boiled for longer.

For a lower card alternative, consider spiralized courgettes/zucchini or cauliflower or celeriac 'rice'. All delicious and complement the beef well.

Per serving

Kcals – 507

Protein – 27g

Fat – 24g

Carbs – 42g (with noodles)

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