

WELSH BEEF CHOW MEIN



INGREDIENTS

450g PGI Welsh Beef rump steak, cut into very thin pieces

For the marinade

1 tbsp cornflour
3 tbsp reduced salt soy sauce
4 tbsp cold beef stock
1 tsp dark brown sugar
1 tsp sesame or vegetable oil.
½ tsp black pepper

For the chow mein

1 tbsp vegetable oil
3 garlic cloves, crushed or grated
4cm piece fresh ginger, grated
2 carrots, peeled and sliced thinly
150g tenderstem broccoli or broccoli florets
100g beansprouts
8 spring onions, peeled and chopped
400g pack noodles (cook as instructed and toss in 1 tsp sesame oil)

Top tips

- Make this dish your own by adding any extra vegetables you fancy.
- Try using wholegrain noodles as they contain more fibre so better for you!

METHOD

- 1 To make the marinade, mix the cornflour and soy sauce, whisk until smooth. Add the beef stock, brown sugar and oil. Then add black pepper to taste and whisk well. Add the meat and leave to marinate for at least 1 hour (longer if possible).



- 2 Next let's make the chow mein. Heat the oil in a large frying pan or wok, take the beef out of the marinade (keeping the marinade) and brown the beef in the wok, then transfer to a plate.



- 3 Add the garlic and ginger to the wok and stir-fry for 1 minute. Add the broccoli and stir-fry for 2 minutes over high heat, then add the carrots and half the spring onions and stir for 1 minute.



- 4 Add the beansprouts and stir for 1 minute.



- 5 Add the noodles and rest of marinade and beef, stir well for a few minutes until the noodles are piping hot.



- 6 Serve immediately, with the rest of the spring onions sprinkled on top.



30 mins



15 mins



Serves 4