



BEef AND BROCCOLI NOODLES- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 175-200 g beef strips (Tofu, Lentils, TVP, No meat- MF)
- 3/4 tbsp peanut or vegetable oil
- 1 tsp garlic minced
- 1 carrot
- 1/2 large or 1 small broccoli
- 1/2 large or 1 small cauliflower
- 200 - 225g egg noodles (*hokkien, lo mein*) (Rice noodles, G.F noodles, sweet potato noodles- G.F)

Sauce:

- 1/4 cup / 62.5 ml water
- 1/2 tbsp cornflour
- 2 tbsp soy sauce (G.F soy sauce- G.F)
- 1/2 tsp white sugar
- 1/8 tsp Chinese five spice powder (*a pinch*)
- 1/8 tsp pepper (white or black)

Equipment:

- 2x Mixing Bowls
- Large Saucepan/ Pot (2 if doing lentils)
- Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Steamer/ Lid (Not Essential)
- Strainer (Not Essential)
- Chopping Board
- Sharp Knife

Method:

1. Prepare ingredients for recipe. Carrot peeled and cut to desired size, broccoli cut into small florets/ bunches.



2. **Sauce:** Place water and cornflour in a bowl and stir well. Then add remaining sauce ingredients and mix.
3. **Beef:** Place in a bowl and add 1 1/2 tbsp of Sauce mixture. Set aside.
4. **Broccoli & Noodles:** Bring a large pot of water to the boil or boil a kettle and fill a large bowl with boiling water. Add broccoli and cauliflower and cook/ soak for 1 minute. Set aside on a plate or bowl after cooked. Prepare the noodles according to the packet instructions, then drain and discard hot water.

Stir Fry:

1. Heat oil in a large frypan over high heat.
2. Add garlic, quickly stir. Add onion and cook for 1 minute until it's tinged with brown.
3. Add beef and cook until it changes from red to brown (2-3 minutes).
4. Add noodles, broccoli, carrot and sauce. Toss together for 1 1/2 - 2 minutes or until Sauce thickens and coats the noodles.
5. Serve!

Nutritional Tips:

- Stir-fry and noodle dishes are a great way to add more vegetables.
- Add 1–2 cups of frozen stir-fry vegetables to increase fibre and nutrition.
- Carrots are an affordable option—raw, unpeeled carrots can last in the fridge for up to four weeks.
- Look for discounted produce: Woolworths's *The Odd Bunch* and Coles' *I'M Perfect* offer lower-priced, just as nutritious fruits and vegetables.

Storage Information:

In the fridge:

- **Storage time:** 3 to 4 days
- **How to store:**
 - Let it cool fully before storing.
 - Store in an airtight container.
 - Reheat in the microwave or stir-fry pan until hot — add a splash of water or sauce if it seems dry.


In the freezer:

- **Storage time:** Up to 2 months (for best quality)



- **Freezing tips:**
 - Noodles can get a bit soft after freezing, especially thinner ones like rice noodles. Heartier ones (like udon or egg noodles) freeze better.
 - Freeze in individual portions for easier thawing.
 - Use freezer-safe containers or bags, and label with the date.
- **Reheating:**
 - Thaw overnight in the fridge or reheat straight from frozen.
 - Reheat in a skillet or wok for the best texture, or microwave with a splash of water to help revive the noodles.

Nutritional Information: Per 1 Serve

| Beef Noodles | | |
|---|---------------------------------|----------------|
| Nutrition Information | | |
| Serving Size: 1 serving | | |
| | Average Quantity per Serving | %Daily Intake* |
| Energy | 2859.4 kJ | 33 % |
| Protein | 37.7 g | 75 % |
| Fat, total | 22.8 g | 33 % |
| - saturated | 7.5 g | 31 % |
| Carbohydrate | 75.8 g | 24 % |
| - sugars | 5.1 g | |
| - lactose | 0.2 g | |
| - galactose | 0 g | |
| - starches | 70.5 g | |
| Dietary Fibre | 6.7 g | 22 % |
| Sodium | 461 mg | 20 % |
| Vitamin C | 101.1 mg | |
| Vitamin A | 93.8 µg | |
| Calcium | 115.7 mg | |
| Iron | 5 mg | |
| *Percentage daily intakes are based on an average adult diet of 8700 kJ. | | |
| Per Serving  | | |
| Full Info at cronometer.com | | |
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Recipe Credit:

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<https://www.recipetineats.com/chinese-beef-and-broccoli-extra-saucy-take-out-style/>