Beef Stir-Fry Noodles



Thin strips of beef and bok choy catch in the curls of egg noodles.

SERVES 4 / WOK OR LARGE FRYING PAN

Prep 20 min · Cook 20 min

Ingredients

FOR THE WOK

400 g beef rump or fillet, thinly sliced
450 g egg noodles
100 ml olive oil, 1 tsp sesame oil
1 onion, 2 garlic cloves, 10 g ginger
1 carrot, ½ red capsicum, 1 bok choy
4 spring onions, ½ bunch flat parsley
A pinch of salt

MARINADE AND SAUCE

125 ml chicken stock, divided
1 tbsp cornflour, 2 tbsp dark soy sauce
2 tbsp each mirin and hoisin sauce
Optional: ½ sliced red chilli, 10 ml balsamic glaze, □ tsp Chinese five spice

At the wok

1. Mix the marinade
Whisk half the stock with cornflour and sauces. Add optional seasonings. Toss with the beef.

2. Get everything ready
Thinly slice the vegetables. Chop parsley, garlic and ginger. Prepare noodles as directed on the packet and drain.

3. Sear and stir-fry
Use a little mixed oil to sear beef in batches. Lift out. Stir-fry the aromatics, carrot, capsicum and bok choy.

4. Finish the noodles
Return beef, marinade and stock. Bring to a full boil. Toss through noodles, spring onion and parsley.

KOOK'S SECRET

Slice the beef across the grain. Brown it in small batches so each strip touches the hot pan and gets some colour.

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The full method

01 **Slice and marinate the beef**

Cut the beef thinly across the grain. Stir half the stock into the cornflour, then mix in the dark soy, mirin and hoisin. Add chilli, glaze and five spice if using. Coat the beef in the mixture. Keep the remaining stock separate.

02 **Prepare everything for the wok**

Slice the onion, spring onions, carrot, capsicum and bok choy into thin pieces. Chop garlic and parsley and grate ginger. Prepare the noodles according to the packet and drain. Keep all ingredients beside the wok.

03 **Sear the beef**

Heat a little of the mixed oils in a wok. Lift beef from the marinade and sear in batches. Set on a clean plate. Keep the marinade to boil in the sauce.

04 **Stir-fry the vegetables**

Add a little more oil as needed. Stir-fry the onion, garlic and ginger. Add carrot, then capsicum, bok choy stems and finally the leaves. Keep everything moving so the leaves just wilt.

05 **Coat the noodles**

Return beef, marinade and reserved stock. Bring to a full bubbling boil, stirring until the sauce thickens and the beef is cooked. Toss through the noodles, spring onions and parsley. Taste for salt and serve straight away.

FROM MARK'S KITCHEN

Use tongs to lift and turn the noodles through the sauce. The vegetables distribute evenly and the strands stay long.