



## STIR FRY

*Swan Bay Butchers*

### **Beef, Veggie & Soba Noodle Stir Fry**

*Prep Time: 10 minutes*

*Cooking Time: 15 minutes*

*Serves: 4*

#### **INGREDIENTS:**

- 500g Stir Fry
- 1 ½ tbsp vegetable oil
- 1 red onion, thinly sliced into wedges
- 3cm fresh ginger, grated
- 1 medium carrot, peeled, cut into matchsticks
- 115g fresh baby corn, halved
- 175g sugar snaps
- 100g shitake mushrooms, sliced 1
- bunch gai lan (Chinese broccoli), cut into 5cm lengths
- 400g wok-ready soba noodles, separated
- ¼ cup oyster sauce
- 2 tbsp light soy sauce
- ½ cup (125ml) beef stock or water
- Coriander sprigs, sliced chilli, to serve



#### **METHOD:**

1. Heat ½ tablespoon oil in a wok over high heat. Stir-fry beef in 2 batches for 1 to 2 minutes or until browned, setting beef aside on a plate and reheating wok between each batch.
2. Add remaining oil and reheat wok over high heat. Add onion and ginger and stir-fry for 1 minute. Add carrot and stir-fry for 1 minute. Add corn, sugar snaps, mushrooms and gai lan stems and stir-fry for 1 minute. Add gai lan leaves and stir-fry for a further minute.
3. Add noodles and stir-fry for 1 to 2 minutes or until warmed through. Return beef to wok, add sauces and stock, toss to warm through. Serve immediately sprinkled with coriander and chilli, if desired