

Chilli Beef Noodles

Serves 5

Ingredients

- 500g of rump steak
- 5 sheets of noodles
- 5tsp of grated ginger
- 5 cloves of crushed garlic
- 5 tsp of sesame seeds
- 3 tbsp of oil
- 3 red/yellow/orange peppers
- 3 red onions
- 10 tbsp of bean sprouts
- 5 tbsp of soy sauce
- 5 tbsp of sweet chilli sauce
- 5 tsp of Chinese 5 spice



Method

1. Slice the steak, onion and pepper into thin strips
2. Heat a frying pan until very hot then add the oil and stir fry the steak for about 3 minutes
3. Add the peppers and onions and continue to fry for 3 minutes
4. In a pan add the noodles to boiling hot water and cook for 5 minutes
5. Add the ginger, garlic, soy sauce, sweet chilli sauce, 5 spice and beansprouts
6. Cook for a further 3 minutes
7. Add the cooked noodles and sesame seeds and cook for a further 2 minutes and serve

Take care when frying with a really hot pan – the oil can spit and burn