

## Chinese beef and noodles

Similar to a stir fry, this is a quickly prepared meal, and can be made easier by using ready prepared 'cheats' chopped ginger, garlic and frozen onions. Vary it by using seasonal ingredients, for example a few stalks of asparagus, or peppers. Any frying steak will do so long as it is cut finely. If you have swallowing difficulties this may not be the best meal for you unless you chop everything really finely.

**No of servings** 2

**Preparation time** 10 minutes. **Cooking time** 20 minutes

### Ingredients

1 tbsp vegetable oil  
1 small onion, sliced  
2 cloves garlic, crushed  
2 cm piece of ginger, grated  
160g chestnut mushrooms, sliced  
4 asparagus stalks, chopped into 3cm lengths, (optional)  
160g frying steak, cut into 1 cm wide strips  
1 tbsp flour or cornflour if you can't have gluten  
1 tsp chinese five spice  
1 tbsp soy sauce or tamari if you can't have gluten  
250ml beef stock  
300g (2 sachets) medium, straight to wok noodles or rice noodles if you can't have gluten  
1 head (around 160g) pak choi, quartered lengthwise, or other greens roughly chopped



### Method

1. Heat the oil in a medium-sized, non-stick sauté pan or wok and fry the onion, garlic and ginger.
2. Stir in the mushrooms, and fry for 2-3 minutes to start to soften.
3. Meanwhile place the flour, spice and strips of steak in a clean food bag and shake until the steak is coated.
4. Stir the seasoned steak into the mushroom and onion mix and cook for 2-3 minutes over a medium heat to just brown the steak.
5. Pour the stock and soy sauce over the mixture, add asparagus if used. Stir, cover and simmer for 2-3 minutes.
6. There should still be lots of fairly runny sauce but add a little water if you have a rather thick sauce.
7. Now stir in the noodles, and place the pak choi on top.
8. Cover and cook over a low heat until the pak choi is just wilted.
9. Serve in two warmed bowls at once.



### Storage

The complete dish is not suitable for storage., so enjoy it straight away!

### Nutritional analysis

<i>Data is per portion, Not including optional asparagus, . And takes account of cooking losses.</i>			
Energy kcal	474	Protein g	30.6
Carbohydrate g	67.2	Fibre g	7.4
Of which sugars g	4.6	Salt g	2.7
Fat g	11.1	Iron mg	5.0
Of which saturates g	2.2	Zinc mg	4.6

Beef is a great source of iron which helps make blood cells and zinc which helps the immune system. Both are involved in maintaining cognitive function (our mental abilities such as thinking, reasoning, problem solving).

### Food safety advice

Always wash your hands, work surfaces, utensils and chopping boards before starting to cook.

**Allergen information:** Contains: **gluten** (wheat ) (unless suggested alternatives used), **Soya**