

# Quick Beef Chow Mein

## Serves 4

5.5 oz. (160g) egg noodles  
7 oz. (200g) beef tenderloin  
1 tbsp. sesame oil  
1 clove garlic, minced  
1 tbsp. ginger, grated  
½ leek, sliced (mostly white parts)  
1 red bell pepper, sliced  
3 mushrooms, sliced  
a pinch of ground white pepper  
a pinch of sugar  
3 tbsp. soy sauce + 2 tbsp. water  
2 tbsp. spring onions, chopped

## What you need to do

1. Prepare the noodles according to instructions on the packaging.
2. Cut the beef into thin strips.
3. Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.
4. Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.
5. To serve, divide onto serving dishes and garnish with chopped spring onions.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	325	10	33	28

\*Nutrition per serving

