

Hoi Sin and garlic beef noodles

Serves 2

This recipe contains beef, which is a great source of iron.

Ingredients

- 1 tbsp vegetable oil
- 250g rump steak, trimmed of fat and thinly sliced
- 1 green pepper, sliced
- 150g mushrooms, halved
- 200g broccoli, chopped
- 120g Hoi Sin and garlic stir-fry sauce
- 200g noodles

Method

1. Heat the oil in a wok or large frying pan over a high heat. Stir-fry the beef for a few minutes and then set aside.
2. Stir-fry the pepper for three minutes. Add the mushrooms and cook for a couple more minutes. Add the broccoli and a splash of water, cover and cook until the broccoli is tender and the water has evaporated.
3. Meanwhile, cook the noodles according to the instructions on pack.
4. Stir in the sauce and return the beef to the pan. Warm through and serve with the noodles.