

Stir-Fried Beef and Hokkien Noodles

My stir-fried beef and Hokkien noodles has all those beautiful classic Asian flavours AND can be on the table in under 30 mins. Look out for my tips on how to maximise flavour and tenderness.



For Extra Tenderness

It's not just the type of meat that determines tenderness but *the way you cut it*.

It takes no extra time, skill or equipment. Here's what you

do.

1. Find the direction the grain is running. See photos below.
2. Slice the beef across the grain (not parallel with the grain).



The grain refers to the long fibres running the length of the meat.



Slice thinly against the grain.

For Extra Flavour

My recipe includes a marinade and a sauce. But don't be put off by the list of ingredients.

You'll find that most of the ingredients for the sauce are in the marinade as well. No extra time is required for marinating either.

Add the marinade to your meat first, so by the time you have finished prepping your veggies, the meat is ready to go. The veggies I use are what my family enjoys. Substitute with whatever you like.





One more tip! Have everything you need at your finger tips because the cooking happens at *lightning fast speed*.

Danielle

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings:4

Ingredients

- 300 g/1/2 lb beef, thinly sliced (note 1)
- 500 g/1 lb fresh Hokkien noodles
- 100 g/3.5 oz snow peas
- 1 red capsicum/red bell pepper
- 2 large handfuls of bean sprouts
- 3 scallions/shallots
- 3 cloves garlic, grated
- 4 tsp vegetable oil or peanut oil
- 1 tbsp Chinese cooking wine or dry sherry

The Marinade

- 1 tbsp soy sauce (regular)
- 1 tsp dark soy sauce
- 1/2 tsp sesame oil
- 3 tsp Chinese cooking wine or dry sherry
- 1/4 tsp white pepper
- 1.5 tsp cornflour/cornstarch

The Sauce

- 2 tbsp soy sauce
 - 1 1/2 tbsp oyster sauce
 - 1/2 tsp sesame oil
 - 2 tbsp Chicken stock or water
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Instructions

1. Place the sliced beef in a bowl. Add the marinade ingredients. Make sure the beef is well coated. Place in the fridge.
2. Prepare the noodles and veggies (notes 2 & 3).
3. Mix the sauce ingredients and set aside.
4. Over high heat add 2 tsp of oil to a medium size pan or wok. Add 1 tsp of grated garlic and cook for 5 seconds. Add the meat. Cook for 1 minute, until **just** cooked through. Remove and set aside.
5. Add 2 tsp of oil to the pan. Add the remaining garlic and cook for 5 seconds. Add a splash (roughly 1 tbsp) of Chinese cooking wine/dry sherry to lift all the flavours and brown bits. Add the vegetables (except the bean sprouts). Cook for 1 minute.
6. Add the noodles to the pan. Cook until heated through, about 3 minutes. Add the sauce and cook for 30 seconds. Add the bean sprouts and 3/4's of the sliced

- scallions/shallots. Cook for 1 minute.
7. Add the beef and any juices in the bowl. Toss everything together and stir fry for 1 – 2 minutes.
 8. Top with remaining scallions/shallots and serve immediately.
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Notes

1. Please refer to the introduction on how to slice beef for maximum tenderness. As to which type of beef to use, sirloin or rib eye would be the more expensive options. Rump or skirt steak, also known as flank steak are great for stir fries (and less expensive too). I use skirt steak.
2. Slice your capsicum/red bell pepper thinly. Slice your scallions/shallots in quarters lengthwise.
3. Place noodles in a bowl. Cover with boiling water. Stand noodles for 1 minute. Drain. Separate noodles with a fork. Set aside. Please follow your packet instructions as it may vary.