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Recipe: Teriyaki Beef Stir Fry

Ingredients

1 large lean beef steak, 250-300g
4 heaped tablespoons of teriyaki sauce
Half a teaspoon of chinese 5 spice
1 teaspoon of brown sugar
1 lime
A small piece of fresh ginger
1 clove of garlic
1 red onion
1 medium carrot
1 red pepper
1 yellow pepper
A handful of fine green beans
A handful of mange tout
Sunflower oil
150g egg noodles
Sesame seeds

Servings
2
Person

Preparation

1. Remove any fat from the beef and then slice it into thin strips.
2. In a large bowl, mix together 3 heaped tablespoons of teriyaki sauce, the Chinese 5 spice and the brown sugar. Squeeze in 2 tablespoons of lime juice. Peel and grate the ginger, peel and crush the garlic and stir them into the marinade too.
3. Add the beef strips to the marinade, stir to coat it well, cover and chill in the fridge. [You can do this ahead and marinade it for longer if you like, if you have the time.]
4. Peel, halve and thinly slice the red onion, peel the carrot and slice into ribbons, deseed the peppers and cut into thin strips then trim the ends of the green beans.
5. Heat a tablespoon of oil in a large wok or frying pan and cook the strips of marinated beef in the hot oil, turning to brown on all sides, for 3-5 minutes, until cooked to your taste. Lift out onto a warm plate.
6. Add another tablespoon of oil to the same hot pan, then stir fry the onion and peppers for 3 minutes; add just a splash of cold water if it is too dry. Add the carrot, green beans and mange tout and stir fry for a further 2 minutes.
7. Return the beef to the pan, add another tablespoon of teriyake sauce and stir well together. Cook for just a minute or two until everything is piping hot.
8. Cook the noodles according to the instructions on the packet whilst you are stir frying, so that everything is ready at the same time.
9. Drain then divide the noodles between 2 plates and spoon the beef stir fry on top. Garnish with a sprinkling of sesame seeds.

Cooks Note

This delicious teriyaki beef stir fry is quick to make, full of flavour and packed with a rainbow of healthy vegetables. This recipe is very versatile; you can substitute the vegetables I chose with your own favourites, or whatever you happen to have in the fridge, broccoli for example. And you can serve the stir fry on a bed of rice instead of noodles if you prefer.