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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.
