

Purple Carrot Cook

BEEF AND VEGETABLE STEAM-FRY WITH NOODLES

SERVES 6 / PREPARE 15 MINS / COOK 20 MINS

Ingredients

400g	Organic minute or rib-eye steak	2 tbsp	Tamari or low salt soy sauce
1	Medium onion	1 tbsp	Sesame oil
2	Cloves garlic	2 tbsp	Sesame seeds
2	Medium carrots	3 tbsp	Rapeseed oil
500g	Brown rice noodles	2cm	Fresh ginger
200g	Mange Tout	1	Medium chilli (optional)
100g	Baby corn		Coriander for garnishing

Instructions

Slice the beef steak in 1cm strips. Heat 1tsp rapeseed oil in a lidded frying pan or wok, large enough to fit all the other ingredients later. When hot but not smoking, add 1/3 of the sliced steak and cook for 2-3 minutes stirring all the time. Do not cook it completely as it will continue to cook later with the vegetables and noodles. Repeat with the rest of the steak, adding a touch more oil if needed. Reserve in a bowl that will hold the meat juices.

Cook according to packet instructions and refresh under running water. Set side.

Wash the carrots, mange tout and baby corn. Peel and cut the carrots into thin sticks and set aside.

Thinly slice the onion and mince the garlic (you can use a processor to do this), Heat 1 tsp rapeseed of oil in the same wok or heavy frying pan with lid and once hot (but not smoky) add the garlic, onion, ginger and, if using chilli, stirring continuously for a minute or so they don't burn. Add carrots, mange tout and baby corn and continue to fry for another 2 minutes. Add a splash more oil if needed.

Now, finish cooking your veggies with steam. Add a splash of water and clamp the lid on your wok or frying pan. Check after a minute or so and add a bit more water while stirring the veg. Repeat this a couple more times until the veg are tender but still have a bit of a bite.

Add the noodles and a splash of water before giving it another good stir. Cook for another minute with the lid on and then add the steak, sesame seeds, sesame oil and soy sauce. Mix well and cook for another minute or so. Garnish with some coriander and some chopped chillies (optional) and serve.



Nutrifacts



Red meat is high in **PROTEIN** necessary for growth and tissue repair as well as **IRON** needed to produce energy. Red meat also contains **SATURATED FAT** which has been linked to cardiovascular disease so consume in moderation and whenever possible choose leaner cuts.

Carrots contain **VITAMIN C** that supports the immune system and β **CAROTENE** a powerful antioxidant. Our bodies can produce **VITAMIN A** from β **CAROTENE** to support vision.

Onions contain fibre to help intestinal transit and prebiotics which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, **Vitamin C** which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Rapeseed oil is **LOW** in **SATURATED FAT** and **HIGH** in omega-6 essential fatty acids.