

Brussels sprouts, spinach & ginger beef noodles



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Preparation 15 minutes

Cooking 15 minutes

Serves 4

- 1 tbs light soy sauce
- 2 tbs oyster sauce
- 2 tsp brown sugar
- $\frac{1}{4}$ cup beef stock
- 350g fresh Singapore egg noodles
- $2\frac{1}{2}$ tbs peanut oil
- 500g beef scotch fillet or rump steak, cut across the grain into 1 cm thick strips and halved
- 4 cm piece ginger, peeled and finely chopped
- 1 medium red onion, cut into thin wedges
- 10 small (about 250g) Brussels sprouts, trimmed and shredded
- 100g baby spinach leaves

1. Combine soy and oyster sauces, sugar and stock in a small jug. Set aside.
2. Place noodles into a large heatproof bowl. Cover with boiling water and stand for 3 minutes or until just tender. Drain and keep warm.
3. Heat a wok over high heat. Add 1 tbs oil and heat until hot. Add half the beef and stir-fry for 2 minutes or until evenly browned. Transfer to a plate and set aside. Repeat using 1 tbs oil and remaining beef.
4. Add remaining $\frac{1}{2}$ tbs oil to wok. Add ginger and onion, stir-fry for 2–3 minutes or until onion is tender. Add Brussels sprouts and stir-fry for 2 minutes. Add sauce mixture, beef and noodles to wok and toss until well combined. Toss through spinach and serve.



Brussels sprouts

- Close to the top of the class for all round nutrition, supplying dietary fibre, potassium and a range of vitamins (A, C, E and four of the B complex vitamins).
- Beta carotene is converted to vitamin A in the body and is important for eye health while vitamins C and E help fight inflammation and infection.