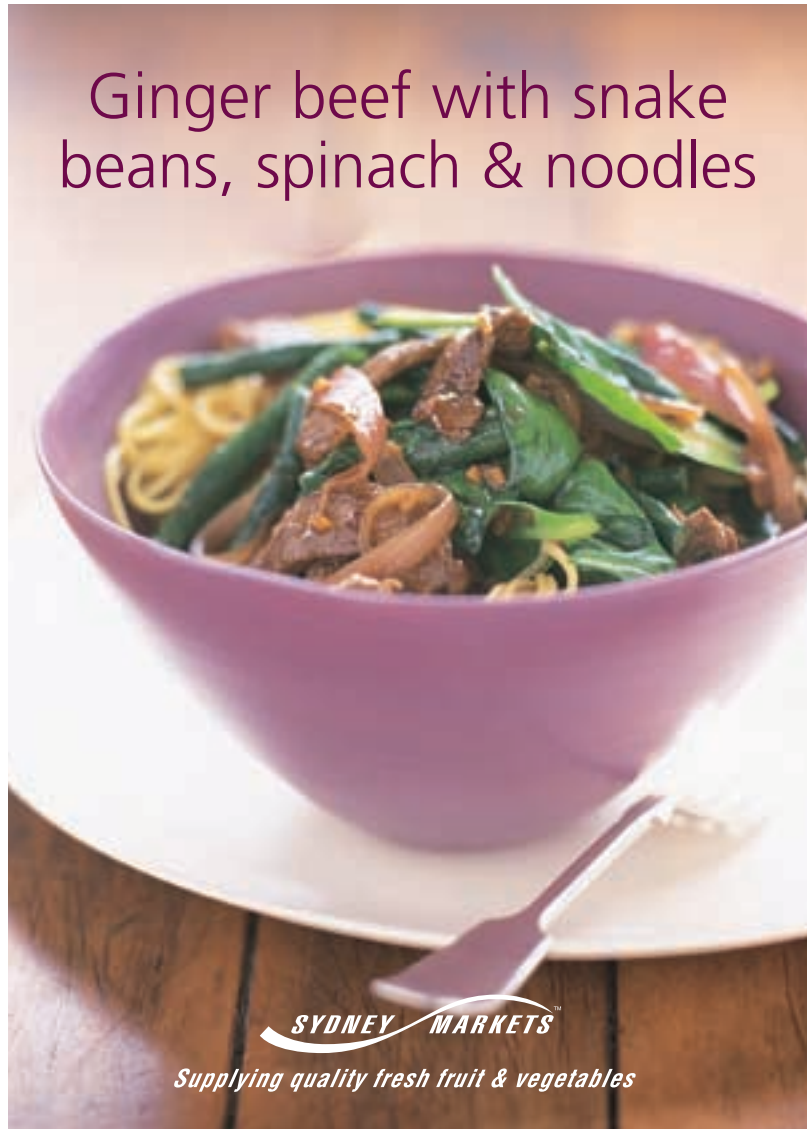


Ginger beef with snake
beans, spinach & noodles



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Ginger beef with snake beans, spinach & noodles



Serves: 4
Preparation: 15 minutes
Cooking: 15 minutes

350g fresh Singapore noodles	4cm piece ginger, peeled and finely chopped
1 tbs light soy sauce	1 medium red onion, cut into thin wedges
2 tbs oyster sauce	1 bunch snake beans, cut into 6cm lengths
2 tsp brown sugar	150g baby spinach leaves, washed
¼ cup beef stock	
2½ tbs peanut oil	
500g beef scotch fillet steaks, cut across the grain into 1cm-thick strips and halved	

1. Place noodles into a large heatproof bowl. Pour over boiling water to cover and stand for 3–4 minutes or until noodles are tender. Drain and keep warm.
2. Combine soy sauce, oyster sauce, sugar and stock in a small jug. Set aside.
3. Heat a wok over high heat until hot. Add 3 tsp oil and heat until hot. Add ½ the beef and stir-fry for 2 minutes or until evenly browned. Remove to a plate and set aside. Repeat using 3 tsp oil and remaining beef.
4. Add remaining oil to wok and heat over high heat. Add ginger and onion and stir-fry for 2–3 minutes or until onion is tender. Add snake beans and stir-fry for 1–2 minutes or until snake beans are heated through.
5. Add soy sauce mixture and beef to wok and stir-fry for 1 minute. Toss through spinach and serve with noodles.