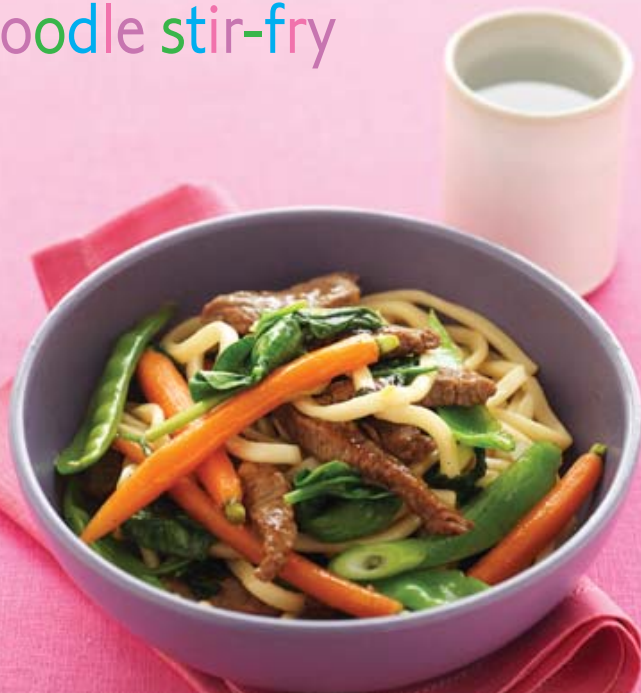


Fresh for Kids®

Honeyed carrot, beef & noodle stir-fry



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Honeyed carrot, beef & noodle stir-fry

Preparation: about 20 minutes
Cooking: about 20 minutes
Serves: 4

500g fresh udon noodles (or hokkien noodles)
¼ cup honey
2 tbs salt reduced soy sauce
¼ cup oyster sauce
2 tbs peanut oil
500g beef rump steak, trimmed and cut into thin strips across the grain
1 bunch baby (Dutch) carrots*, trimmed
2 green onions, trimmed and thinly sliced
100g small snow peas
150g baby spinach leaves

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 3 minutes until just tender. Drain, separate noodles and set aside.
2. Meanwhile, combine honey, soy sauce and oyster sauce in a jug. Set aside. Heat a wok over high heat. Swirl 1 tbs oil around wok, add half the beef and cook, tossing often, for 2–3 minutes until evenly browned. Transfer to a plate and repeat using 1 tbs oil and remaining beef.
3. Add remaining oil to wok and heat until hot. Add carrots and cook, tossing often, for 3–4 minutes until just softening. Add green onions and snow peas and stir-fry for 2 minutes. Add spinach, sauce mixture, beef and noodles. Stir-fry until spinach just wilts. Spoon into serving bowls and serve.

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Dutch Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.

* Choose small even-sized carrots for this recipe

