THAI STYLE BEEF NOODLES

SERVES: 4
TOTAL TIME: 15 MINUTES

INGREDIENTS

- 2 teaspoons Thai green curry paste
- 1 tablespoon toasted sesame oil
- 3 tablespoons soy sauce, plus extra to serve
- 2 tablespoons fish sauce
- Juice 2 limes, plus extra wedges to serve

Vegetable oil for stir-frying

- 2 lean British rump steaks (about 250 grams each), sliced
- 300 gram pack stir-fry vegetables (or shred a mix of veg from the fridge such as spring onions, carrots, baby corn and spinach)
- 2 x 300 gram packs straight-to-wok rice noodles (or use 4 dried egg noodle cakes soaked in boiling water for 4 minutes, drained)

Handful mixed fresh herbs, such as coriander and mint, chopped

INSTRUCTIONS

In a small bowl, mix together the curry paste, sesame oil, soy sauce, fish sauce and lime juice.

Heat a splash of vegetable oil in a wok or large frying pan, then stir-fry the beef for 2 minutes. Add the vegetables and stir-fry for 2 minutes more.

Add the noodles and bowl of sauce, then toss it all together over the heat until warmed. Add a splash of water if the noodles aren’t fully coated.

Remove from the heat, then stir through the herbs. Serve in bowls with the cashews, extra soy sauce and lime wedges, if you like.

MACROS PER PORTION

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