



Hoisin Beef Noodle Stir Fry

Prep time: 10 minutes

Cook time: 20 Minutes

Serves 2

This Chinese fakeaway is a quick and tasty dish that is a perfect family meal.

Ingredients:

200g of extra lean mince beef
1 large carrot, sliced into thin ribbons
2 handfuls of sugar snaps peas
6 mushrooms, sliced
1 pepper, chopped
2 cloves of garlic, minced
2 spring onions, sliced
100g of noodles
2 tbsp of hoisin sauce
1 tbsp of dark soy sauce
1 tbsp of tomato paste
120ml of water
Low calorie cooking spray



Method:

1. Cook the noodles per packaging instructions and set aside.
2. Spray a pan with the low-calorie cooking spray.
3. Add the minced beef and cook until brown.
4. Add in the hoisin sauce, soy sauce, tomato paste, garlic and water. Simmer until the sauce thickens around the beef and then removed and set aside.
5. Spray the pan again with the low-calorie cooking spray, add in the carrot, sugar snap peas, mushrooms, peppers and spring onions and stir fry for a few minutes.
6. Add back into the beef and the noodles and toss to coat all and heat through.
7. Serve and enjoy.

Helpful tips:

- This is a very versatile dish the minced beef could be changes to minced turkey or chicken, depending on what you fancy!
- Leftovers can be store in the fridge in a suitable container for up to 2 days. Ensuring that when reheating that the dish is piping hot.