



Stir-fried beef

Make sure you use good tender rump or sirloin steak for this, as it's only cooked very quickly in the wok.

Serves 2

150g/5oz dried egg noodles	2 cloves of garlic, peeled and finely sliced
sunflower oil	1 or 2 fresh red chillies, deseeded and chopped
400g/14oz beef steak, cut into thin strips	1 red pepper, cut into strips
sea salt and freshly ground black pepper	1/2 a courgette, core removed and cut into strips
a small handful of fresh coriander, stalks chopped and leaves put to one side	1 tablespoon honey
2 thumb-sized pieces of fresh ginger, finely sliced	4 tablespoons soy sauce
	1 tablespoon sesame oil
	2 limes

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PROFESSIONAL SERIES

by **TEFAL**

Cook the noodles in boiling salted water until soft. Drain well and put to one side.

Heat your TEFAL wok until it is nice and hot. Then add a splash of sunflower oil and the strips of beef. Season with salt and pepper and stir-fry the meat for a minute until lightly browned on all sides. Remove from the pan to a plate and keep warm.

Add another splash of sunflower oil and add the chopped coriander stalks, ginger, garlic, chili, pepper and courgette. Stir-fry for a minute until lightly browned and then add the drained noodles and the honey.

Stir-fry until the noodles are nice and hot, then add the cooked beef and any resting juices on the plate and season with the soy sauce, sesame oil and the juice from the limes to balance the flavours.

Sprinkle with the coriander leaves before serving.