FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Hoisin Beef



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**kcal**

Stuff that's in it:

• 650G Rump Steak (Sliced Into Strips)

• 30Ml Reduced Salt Soy Sauce

• 100Ml Hoisin Sauce

• 5Ml White Wine Vinegar

• 2 Nests Of Fine Egg Noodles (Sharwoods)

• 150G Chestnut Mushrooms

• 1Tbsp Sesame Seeds

• 1Tsp Oil

• 5Ml Sesame Oil

• 5G Fresh Ginger (Sliced)

• 2 Cloves Garlic (Chopped)

• 50G Carrots (Sliced Thin)

• 100G French Runner Beans

What you do:

Put your noodles on to cook

Squirt some oil in a wok and heat, add the sesame oil, soy sauce, rice vinegar and mushrooms and steak

and stir fry for 2 minutes, add the garlic and ginger and stir fry for around 5 minutes, add the carrots and green beans and stir fry for a few minutes. Add the hoisin sauce and stir fry for another few minutes. Add the egg noodles and stir everything together. Toast the sesame seed and sprinkle on the top.

Nutrition

- Carbs: 34g
- Fat: 23g
- Protein: 43g

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