

Hoisin beef with rice noodles

Serves: 4

Ingredients

600g Northern Ireland Farm Quality Assured beef rump
1 large clove of garlic
½ inch piece of fresh ginger
6 spring onions
1 red chilli
1 yellow pepper
1 head of pak choi
1 carrot
250g dried rice noodles
2 x 15ml spoons (2 tbsp) vegetable oil
1 x 5ml spoon (1 tsp) 5 spice powder
2 x 15ml spoons (2 tbsp) hoisin sauce
1 x 15ml spoon (1 tbsp) reduced salt soy sauce
6 x 15ml spoons (6 tbsp) water



Equipment

Chopping board, knife, grater, peeler, measuring spoons, saucepan, colander, wok, wooden spoon, tongs, tin foil.

Method

1. Peel and grate the garlic and ginger.
2. Remove the root and skin from the spring onions and finely slice.
3. Remove the top of the chilli, cut in half, de-seed and finely slice. Remove the top and seeds from the pepper and finely slice.
4. Remove the leaves from the pak choi stem, wash and drain.
5. Peel the carrot and make into ribbons using the peeler.
6. On a separate chopping board, finely slice the beef. Remember to wash your hands thoroughly after handling raw meat.
7. Bring a pan of water to the boil and add the noodles. Cook for 1 minute. Drain the noodles and set aside.
8. Heat 1 x 15ml spoon of oil in the wok and stir fry the beef for 2 minutes. Remove the beef from the wok and wrap in tin foil to keep warm.
9. Add the remaining oil to the wok, add the sliced pepper and stir fry for 2 minutes.
10. Add the pak choi, carrot, garlic, ginger, chilli, 5 spice powder, hoisin sauce, soy sauce and water.
11. Mix and stir fry for 1 minute. Add the beef and mix.
12. Serve the beef with the noodles and sprinkle the spring onions on top.