KIKKOMAN

Beef & broccoli noodle stir-fry

Total time **60 mins** **15 mins** preparation time **15 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
4,876 kJ / 1,164 kcal

Fat: **39 g** Protein: **60 g**
Carbohydrates: **143 g**

INGREDIENTS

2 portion(s)

Marinade:

300 g	beef fillet
100 ml	Kikkoman Naturally Brewed Soy Sauce
2	garlic cloves
1 tsp	honey
50 ml	rice wine or sake
1 tbsp	Kikkoman Toasted Sesame Oil

Stir-fry:

250 g	pre-cooked wheat noodles
250 g	broccoli
3	garlic cloves
2.5 cm	fresh ginger
100 g	green beans (pre-blanched)
1 tbsp	toasted sesame seeds
0.5 bunch	of fresh coriander
1 bunch	of spring onions
50 ml	Kikkoman Naturally Brewed Soy Sauce
	Oil for cooking (e.g. rapeseed)

Garnish:

	Roasted cashews (optional)

PREPARATION

Step 1

Cut the meat into strips. Crush the garlic in a press and add it to the beef in a bowl. Add the Kikkoman Soy Sauce, honey, rice wine and Kikkoman Sesame Oil and mix everything together. Marinate for at least 30 minutes.

Step 2

Divide the broccoli into small florets. Chop the garlic and ginger. Cut the green beans into 2-3 cm pieces. Finely slice the white parts of the spring onions and cut the green parts into 2-3 cm strips. Chop the fresh coriander and set aside.

Step 3

Heat a little cooking oil in the pan. Take the meat out of the marinade and pat it slightly dry. Place it in the pan and fry until it starts to brown. Remove from the pan.

Step 4

In the same pan, add the garlic, ginger and the white part of the spring onion and mix. After 1 minute, add the broccoli and green beans and fry together for about 3 minutes or until they are soft. Add the beef and mix. Add the cooked noodles and mix. Finally, add the green parts of the spring onion, chopped coriander, toasted sesame seeds and Kikkoman Soy Sauce and mix.