

# Beef stir-fry with tagliatelle & rocket

Total time **22 mins** Preparation time **10 mins** Cooking time **12 mins**

Nutritional facts (per portion):

**2,010 kJ / 480 kcal**

Fat: **17 g** Protein: **35 g**

Carbohydrates: **42 g**

## INGREDIENTS

**2 portion(s)**

<b>30 ml</b>	vegetable oil
<b>300 g</b>	beef fillet, thinly sliced
<b>120 g</b>	button mushrooms, halved
<b>1</b>	head of garlic
<b>10 ml</b>	olive oil
<b>1 tsp</b>	grated ginger
<b>30 ml</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>200 g</b>	tagliatelle
<b>80 ml</b>	<u>Kikkoman Mirin-Style Sweet Seasoning</u>
<b>120 ml</b>	water
<b>1 tsp</b>	potato starch
<b>Garnish:</b>	
<b>1 tbsp</b>	chives, chopped
<b>30 g</b>	rocket
<b>1 tsp</b>	black sesame seeds

## PREPARATION

### Step 1

**15 ml** vegetable oil - **300 g** beef fillet, thinly sliced  
Heat a wok, add the oil and the beef and stir-fry for 2-3 minutes until browned. Remove from the wok and set aside.

### Step 2

**15 ml** vegetable oil - **120 g** button mushrooms, halved  
Add a little more oil to the same wok and fry the mushrooms for 3-4 minutes until golden.

### Step 3

**1** head of garlic - **10 ml** olive oil - **1 tsp** grated ginger - **30 ml** Kikkoman Naturally Brewed Soy Sauce  
Cut the head of garlic in half, drizzle with the olive oil and roast at 180 °C for 30 minutes. Add the roasted garlic and ginger to the mushrooms and stir well. Return the beef to the wok, pour in the Kikkoman Soy Sauce and heat over a medium heat.

### Step 4

**200 g** tagliatelle - **80 ml** Kikkoman Mirin-Style Sweet Seasoning - **120 ml** water - **1 tsp** potato starch - **1 tbsp** chives, chopped - **30 g** rocket - **1 tsp** black sesame seeds  
Cook the tagliatelle until al dente. Mix the Kikkoman Mirin-Style Sweet Seasoning, water and potato starch until smooth, then add to the wok from Step 3. Stir briskly and bring to a quick boil until the sauce thickens. Add the tagliatelle and toss for 2 minutes until heated through. Garnish with the chives, rocket and black sesame seeds.