

Beef stir-fry with tagliatelle & rocket

Total time **22 mins** 10 mins preparation time 12 mins cooking time

Nutritional facts (per portion):
2,010 kJ / 480 kcal

Fat: **17 g** Protein: **35 g**
Carbohydrates: **42 g**

INGREDIENTS

2 portion(s)

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