



January 2023, Chinese New Year

## Beef, Broccoli, Cashew, Chilli and Ginger Stir-fry with Rainbow Noodles

22 January 2023 welcomes in the Chinese New Year – The Year of the Rabbit. People born in the year of the rabbit are said to be kind courageous and strong. Much like myself! They are also said to be very goal-driven and are careful with their next moves. This stir-fry of tender strips of quick fry beef, tenderstem broccoli with a chilli and ginger sauce sprinkled with toasted cashews makes an ideal celebration meal. Happy New Year to Rabbits everywhere!

Usain Bolt

Makes: **Serves 4**  
Prep time: **15 minutes**  
Cook time: **12 – 15 minutes**

### Ingredients

- 1 medium carrot (Trim and peel)
- 1 medium courgette (Remove the stalk)
- 200g dried rice ribbon noodles
- Sesame oil, to drizzle
- 2 tbsp dark soy sauce
- 2 tbsp Shaoxing Chinese rice wine or dry sherry
- 2 tsp cornflour
- Oil for frying
- 60g cashew nuts
- 350g stir-fry beef strips (or cut sirloin steak into thin strips)
- 5cm fresh ginger root (Peel and grate)
- 2 cloves garlic (Peel and thinly slice)
- 1 red chilli (halve deseed and finely chop)
- 200g tenderstem® broccoli (Cut into thirds)



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Boil a kettle full of water. Use a vegetable peeler to shave long ribbons down the length of the **carrot** until you reach the core. Make ribbons from the **courgette** in the same way.



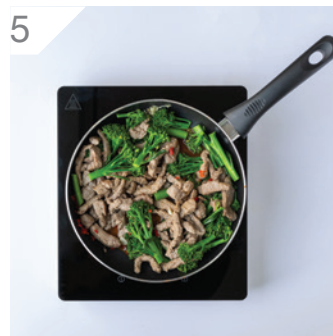
Put the **noodles** into a medium saucepan. When the kettle has boiled, pour it over the noodles and cook according to the pack instructions. Add the **carrot** and **courgette** strips for the last minute of the cooking time, then drain in a colander. Return to the pan, drizzle with **sesame oil** to stop them sticking, and cover with a lid to keep warm until ready to serve.



Mix the **soy** and **Shaoxing rice wine** or **sherry** with the **cornflour** to make a paste, so it's ready to add. Heat a drizzle of oil in a wok or frying pan over a medium-high heat. When hot, fry the **cashew nuts** for 1–2 mins until golden brown, stirring constantly. Tip into a small bowl and set aside.



Add a little more oil to the hot wok and stir-fry the **beef** in batches for 3–4 mins until browned all over. Remove to a plate. Add the **ginger**, **garlic** and **chilli** to the empty pan and fry for 1–2 mins until softened and aromatic smelling.



Next add the **broccoli** to the pan with 5tbsp water (75ml), quickly cover with a lid and allow to steam for 2–3 mins. Remove the lid and add the **soy** and **rice wine** mixture. Tip the **beef** and any resting juices into the sauce and simmer for another 2–3 mins until the beef and broccoli are tender, and the sauce is thickened and glossy. Add a splash more water if necessary.



Divide the **rainbow noodles** between your bowls and top with the **beef** and **broccoli**, finish with the **cashew nuts** and tuck in straight away.

## Chef Usain's Winning Tips

This is a great way to get more vegetables into your diet to meet your five-a-day. Stir fries are also a good way to make a small amount of good quality meat go further. Use less meat and bulk it out with more vegetables if preferred. The secret to stir-frying is to have all of your ingredients ready before you start cooking.

Peel ginger with the back of the spoon, it rubs away easily and means you waste less. Ginger stores well in the freezer, grate it straight from frozen, no need to peel.

If you prefer, use ready prepared chilli, garlic and ginger, available in jars from the supermarket. Add 1–2tsp of each to make this a really speedy dish.

