

Beef Chow Main

250g beef rump
300g wide rice noodle
1 small bunch of Chinese chive or spring onions
1 small pk of bean sprouts
¼ white onion, shredded

Marinade

1 Tsp Chinese cooking wine
1 tsp light soy sauce
salt
1 Tsp oyster sauce
1 tsp sesame oil
1 Tsp corn flour mixed with water

Stir fry sauce

1 Tsp light soy sauce
2 tsp dark soy sauce
1 Tsp oil
½ tsp sugar

Cut beef into thin slices, put into a bowl. Add the ingredients for the marinade, stir until well combined and set aside for around 15 minutes.

Heat up cooking oil in wok. Add beef slices in to cook around a minute. Transfer the beef slices out and also pour the oil out. Clean your pan or wok.

Heat up fresh oil, add rice noodle and onion shreds and straight after that stir in the sauce ingredients, keep tossing your wok until the noodles are well coated with the sauce.

Return beef slices and bean sprouts to fry for another minutes. Keep tossing your pan. Add Chinese chives or spring onions and fry for another 30 seconds.

