



Beef Pad See Ew

Cooking Time: 30 minutes | Servings: 4-6 people

INGREDIENTS:

Beef Marinade:

- 500g beef scotch fillet, super thinly sliced
- 2 tablespoons corn flour
- 2 tablespoons soy sauce

Stir Fry Marinade:

- 3 cloves of garlic, crushed
- 2 tablespoons Ketchup manis
- 3 tablespoons Oyster sauce
- 3 tablespoons Soy sauce

Stir Fry:

- 375g flat dry rice noodles
- 1 tablespoon Rice bran oil.
- 1 large brown onion, sliced
- 6 spring onions, cut in 5cm batons
- 3 cups largely chopped Chinese broccoli
- 2 whole eggs
- 1/4 cup finely chopped chives

INSTRUCTIONS:

1. In a medium bowl combine beef marinade and whisk well. Soak the beef strips in the marinade for a minimum of 30 minutes.
2. Combine stir fry marinade in a small bowl, whisk and set aside. Use this time to chop and prepare all your ingredients and Bring a large pot of water to the boil. You want to time cooking the noodles so they will be done at the same time as the time it takes to cook the stir fry. Drain noodles before adding to the stir fry but do not leave them lying around while you cook your stir fry, they will break apart.

- 3.Heat a large wok or non stick pan on medium high heat with 1 tablespoon of rice bran oil and add beef and toss for 3 minutes. Add onions and spring onions and stems of Chinese broccoli and stir for a couple of minutes. Add and Chinese broccoli leaves and cook for a minute until leaves have slightly softened.
- 4.Make a well in the centre of the pan and crack your eggs in the centre. Whisk and toss through.
- 5.Remove from the pan/wok.
- 6.Add in the cooked and drained noodles with the stir fry marinade and toss until noodles evenly coated.
- 7.Add chives and return the stir fry back to the pan and stir through the noodles.
- 8.Serve with toasted sesame seeds and optional chilli oil.

TIPS & SUBSTITUTIONS:

- For a vegetarian option leave beef out. As for the marinade, combine ingredients minus the cornflour and simply pour over stir fry at the end of the cooking process.
- Dry rice noodles can be soaked overnight in cold water. Soaking rice noodles avoids them from collapsing and breaking apart when cooked in a stir fry.
- Fresh flat rice noodles also works and you will not have to soak them. These can be found in most asian grocer stores.

