

Stir Fry Beef And Vegetables Noodles



Description

Very simple and easy to cook, you can add whatever vegetables you like in this dish, you can also replace the beef with chicken; it is full of colors, flavors and goodness! Serve garnished with sesame seeds and coriander for extra flavor too!

4	Serves	15	Mins Prep
15	Min Cook	500	Calories Per Serving

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Ingredients

- 250 grams whole wheat noodles, boiled for 3 minutes and drained well
- Vegetables of your choice, thinly sliced; I use zucchini, mushrooms, carrots, colored peppers, green beans, broccoli and green onions
- 1 Tbsp. fresh grated ginger
- 2 tsp. minced garlic
- 500 grams beef slices (thin slices preferably)
- Salt and black pepper
- 2 Tbsp. vegetable oil
- 2 Tbsp. soy sauce
- 2 Tbsp. teriyaki sauce
- 2 Tbsp. oyster sauce
- 2 tsp. sesame oil
- ¼ cup fresh orange juice
- Sesame seeds and coriander for garnish

Buy ingredients from this recipe

8 Ingredients



Recipe By

Sara Assi

As a dietitian, a food lover, and a mother of two, I find happiness in cooking and providing healthy meals for my family and recipes for people. I aim to make cooking a fun experience rather than a task. I also try to simplify recipes and make them e..

Method

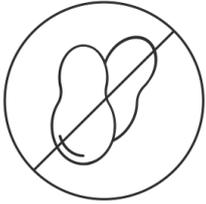
1. Heat a wok or a wide pan and add the vegetable oil
2. Add beef and season with salt and black pepper
3. Stir fry the beef until it's well cooked around 3-4 minutes, then set aside
4. In the same pan, heat the sesame oil, then add onions and stir fry for a few seconds
5. Add the vegetables starting with the ones that are most firm (that is bell pepper and carrots, then add the remaining ones)
6. Stir fry for a few minutes until vegetables are crispy tender

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7. Add the soy sauce, teriyaki sauce, oyster sauce, ginger and garlic and stir
8. Add the orange juice and cook for a minute
9. Serve them over noodles and garnish with sesame seeds and coriander

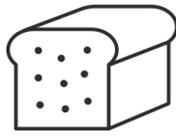
Dietary & Lifestyle Information



Peanut Free



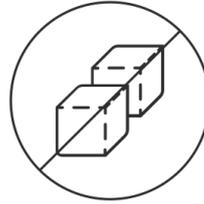
Healthy Living



Low Carb



Protein Rich



Diabetes
Friendly

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