

Beef and Mushroom Stir-Fry

Ingredients:

- 400g Hokkien noodles
- 500g beef strips
- 1 clove crushed garlic
- 1 tablespoon vegetable oil
- 1 onion thinly sliced
- 200g button mushrooms
- ½ a broccoli
- ½ a cauliflower
- 1/3 cup oyster sauce
- Cashews

Method:

1. Soak noodles in boiling water for 5 minutes.
2. Combine beef and garlic in a bowl. Heat wok over a high heat. Add half of the oil, make sure the whole surface is coated. Add beef, stir-fry in batches for 2 min or until brown. Remove from the wok
3. Heat remaining oil, add onions, and mushrooms until soft.
4. Return beef to wok, add broccoli and cauliflower, oyster sauce and 1/3 cup of water until sauce boils. Add cashews in just before serving.
5. Serve on noodles.

Serves 4



By Clare at **Relaxed Parenting**

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