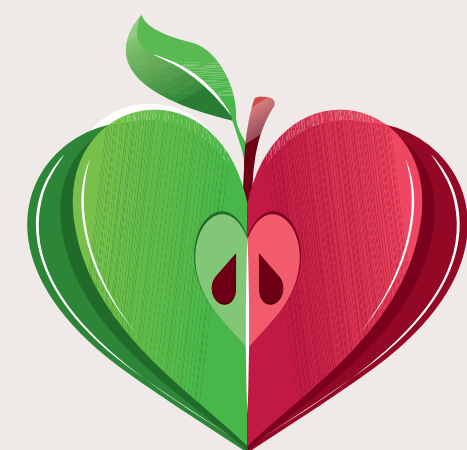


BEEF & BROCCOLI STIRFRY
COOKING TIME: 20 MINS



Healthy
UCD

SERVINGS: 4

Ingredients

- 470g Lean Beef mince (5% fat)
- 200g Medium Egg Noodles
- 1 Red Onion
- 1 tbsp Light Soy Sauce
- 60ml Hoisin Dipping Sauce
- 120g Broccoli

Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Lean Beef mince (5% fat)	470g	€4.00	€3.99	€4.82
250g Medium Egg Noodles	200g	€1.00	€0.85	€2.25
Red Onion (3 pack)	1 onion	€1.29	€1.29	€1.00
150ml Light Soy Sauce	1 tbsp	€0.95	€0.16	€3.03
290ml Hoisin Dipping Sauce	60ml	€1.60	€1.29	NA
Broccoli	120g	€1.00	€1.49	€1.90
Total cost/recipe		€9.84	€9.07	€13 (w/out Hoisin)
Total cost/serving		€2.46	€2.27	€3.25

Method

1. Heat some oil in a large frying pan over medium-high heat and add one onion for 1-2 minutes until fragrant.
2. Add the entire beef to the pan and cook for 3-4 minutes until browned, make sure to break it up using a wooden spoon.
3. Mix 1 tbsp of soya sauce and 60ml of hoisin sauce and add to the frying pan, continue mixing until caramelised (~1-2 minutes).
4. Add the broccoli and place a lid on the pan for 1-2 minutes.
5. Push the beef and the broccoli on the outside of the pan to make a well in the middle.
6. Pour 375ml of water into the pan and add 200g of the egg noodles
7. Cook covered, without stirring, for 1 minute. Flip the noodles and cook for another 1 minute, covered, or until the noodles are easily bent.
8. Toss the noodles through the beef and broccoli.
9. Season to taste with the tamari or soy sauce.
10. Serve scattered with sesame seeds and sliced spring onion.



Dietary Information

	Per Serving	%RI
Energy (kcal)	426	21%
Fat	20g	29%
of which saturates	8.4g	42%
Carbohydrates	30	12%
Fibre	3.4	14%
Protein	29	58%
Salt	1.5	25%

Allergy Information



Gluten free



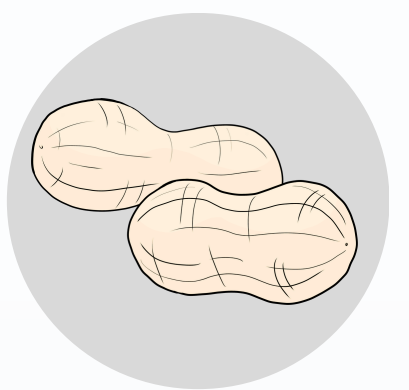
Vegetarian



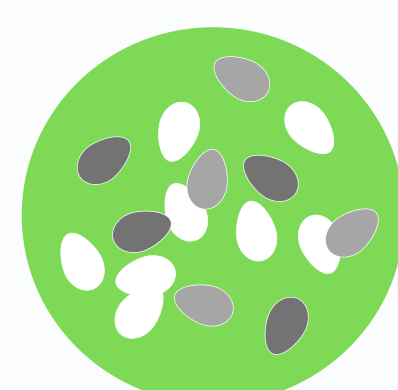
Contains gluten



Vegan



Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish