

## STICKY BEEF AND MUSHROOM NOODLES

This tasty dish that can be made suitable for vegetarians by swapping the rump steak for strips of Quorn® steaks.

Serves 4

Per serving: 214 calories, 1.1% fat (excl. additional stir-fry vegetables)

Preparation time: 5 minutes

Marinating time: 30 mins

Cooking time: 10 minutes

## INGREDIENTS

200g rump steak  
2 tbsps plum sauce, (more to serve)  
zest and juice of 1 lime  
2 red onions, finely sliced  
2 garlic cloves, crushed  
200g chestnut mushrooms, sliced  
400g cooked noodles  
180g mangetout  
freshly ground black pepper, to taste

## METHOD

1. Remove and discard any fat from the beef and cut into strips. Place in a bowl with the plum sauce and lime zest and juice and marinate for 30 minutes.
2. Heat a non-stick wok and dry-fry the onion and garlic for 3 - 4 minutes over a high heat, seasoning with black pepper. Add the marinated beef and the mushrooms and continue cooking for 2 - 3 minutes.
3. Add the remaining ingredients, except the mangetout, and toss well together, making sure all the pieces of beef are sealed. Just before serving, stir in the mangetout to heat through.
4. Serve straight away with additional stir-fry vegetables and some plum sauce on the side.

