



Beef stir fried noodles

Ingredients

1. 250g dry spaghetti
2. 1 tablespoon oil
3. 1 onion, diced
4. 4 garlic cloves, grated or 2 teaspoons crushed garlic
5. 300g mushrooms, sliced
6. 400g lean beef mince
7. 1 fresh chilli, finely sliced or 1 teaspoon chilli flakes (optional)
8. 100g round green beans, Frozen or Fresh
9. 400g frozen spinach, defrosted
10. 2 large carrots, grated
11. ¼ cup hoisin sauce
12. 1 teaspoon soy sauce
13. 15g fresh cut basil, roughly chopped (optional)

Directions

1. Cook spaghetti according to packet instructions. Set aside one cup of pasta water before draining.
2. Heat oil in a large wok or pot on the stove over medium-high heat. Sauté onions until softened. Add garlic and fry for a few seconds until it becomes fragrant and starts to become golden, then mix in the mushrooms and mince. Stir fry until the mince is cooked.
3. Turn the heat to high, add chilli or chilli flakes (if using), green beans and spinach. Mix through. Add carrots, hoisin sauce, and soy sauce, heat through.
4. Add cooked spaghetti and coat in the sauce, add pasta water in small amounts until you get a creamy sauce consistency. To finish, mix in chopped basil leaves and serve.

Adapt it:

1. Use noodles instead of spaghetti if you prefer.
2. For larger appetites use 300g of spaghetti or noodles.

Enjoy!

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