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|  | **Ingredients** | **Steps** |
| ***Mushroom, Beef and Noodle Stir-Fry*** | * 400g beef rump or fillet steak, trimmed * 350g packet fresh Singapore noodles * 2 tbs peanut oil * 1 red onion, cut into thin wedges * 400g Cup Mushrooms, sliced * 1 bunch gai laan, stems & leaves separated, both chopped (see tip) * 1 red capsicum, thinly sliced * 3 tbs kecap manis * 1/4 cup sweet chilli sauce * 6 green onions, sliced * 1/2 cup unsalted roasted peanuts, roughly chopped | * Thinly slice the beef across the grain. Place noodles in a heatproof bowl, cover with boiling water and stand for 2 min, drain well, then set aside * Heat the wok over high heat until hot. Add 2 teaspoons of the oil and swirl to coat the wok. Add one quarter of the beef and stir-fry for 30 sec until sealed. Remove to a clean bowl. Repeat with oil and beef in three batches * Add remaining oil, onion and mushrooms to the hot wok, stir-fry for 2 min until the mushrooms start to soften. Add gai laan stems and capsicum and stir-fry for 1 min * Add noodles and return the beef, add the ketcup manis and sweet chilli sauce and stir-fry until warmed through. Add gai laan leaves, green onions and peanuts. Stir-fry until leaves begin to wilt then remove from the heat. Transfer to bowls and serve |
| ***Quick Teriyaki Chicken*** | * 500g chicken thigh fillets, cut into large pieces * 255g Street Kitchen Japanese Teriyaki Chicken kit * 2 tablespoons vegetable oil * 4 green onions, cut into 4cm pieces * 150g sugar snap peas, trimmed * 100g snow peas, halved lengthways diagonally * 100g baby corn, halved lengthways * Noodles, to serve * Extra thinly sliced green onions, to serve | * Place chicken into a bowl. Add ginger & garlic paste and stir until combined * Heat half the oil in a wok or large frying pan over high heat. Cook chicken in batches for 5 minutes or until browned. Add scallion, peas and baby corn. Stir until combined. Add cooking sauce and cook for 2 minutes or until hot * Place noodles onto serving plates. Top with stir fry and extra scallions |
| ***Sesame avocado and soba noodle salad*** | * 270g buckwheat soba noodles * 1/3 cup store-bought roasted sesame Kewpie sesame dressing (see note) * 2 tablespoons black sesame seeds * 2 tablespoons white sesame seeds * 2 large avocados, cut into wedges * 2 cups shredded red cabbage * 1 medium zucchini, julienned (see note) * 200g hot smoked trout * 1⁄2 Lebanese cucumber, thinly sliced * 1⁄4 cup pickled ginger * 2 tablespoons shredded nori * baby sprouts, to serve | * Bring a large saucepan of water to the boil. Add the noodles and cook for 5-6 minutes or until cooked. Drain and run under cold water. Drain well. Place in a large bowl with half the sesame dressing and toss gently to coat * Place both sesame seeds on a small plate and mix together. Press one side of each wedge of avocado into the sesame * Divide the noodles, cabbage and zucchini between bowls. Top with avocado, trout, cucumber and ginger. Drizzle with remaining dressing and scatter with the nori and sprouts |