|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Steps** |
| ***Teriyaki Beef Noodles*** | * 2 tablespoons vegetable oil * 500g rump steak, cut into thin strips * 1 carrot, halved lengthways, thinly sliced diagonally * 1 red capsicum, deseeded, thinly sliced * 1 bunch broccolini, trimmed, halved lengthways, cut into thirds * 100g snow peas, trimmed, halved lengthways diagonally * 4 green onions, thinly sliced diagonally * 200g Passage to Asia Teriyaki Chicken stir-fry sauce * 450g pkt hokkien noodles, cooked, drained * Toasted sesame seeds, to serve * Extra thinly sliced green onions, to serve | * Heat 2 teaspoons oil in a wok over a high heat. Cook steak in batches, for 2 minutes or until browned, adding more oil as required. Transfer to a bowl * Add carrots and capsicum to wok and stir fry for 2 minutes. Add broccolini and snow peas and toss until combined. Add 2 tablespoons water and cook for 2 minutes or until vegetables are just softened. Return steak to wok with green onions and Passage to Asia Teriyaki Chicken stir-fry sauce. Stir until combined. Cook for 2 minutes or until heated through. Add noodles and toss to combine. Serve topped with sesame seeds and green onion |
| ***Beef Ramen*** | * 1 tablespoon vegetable oil * 2 garlic cloves, crushed * 2cm piece ginger, peeled, grated * 1 long red chilli, deseeded, finely chopped * 1l (4 cups) chicken stock * 2 tablespoons salt-reduced soy * 2 tablespoons rice wine vinegar * 1 cob of corn, husks and silk removed * 1 bunch broccolini, trimmed, halved lengthways * 200g Swiss brown mushrooms, halved * 270g ramen noodles * 2 teaspoons vegetable oil * 400g eye fillet steak * 4 eggs * 2 green onions, thinly sliced diagonally * 1 tablespoon toasted sesame seeds * Extra sliced chilli, to serve | * Heat oil in a large deep saucepan over medium heat. Add garlic, ginger and chilli. Cook for 2 minutes or until aromatic. Add chicken stock and 3 cups of water and bring to the boil * Add corn and broccolini to stock. Cook broccolini for 2 minutes and corn for 5 minutes or until tender. Remove corn and place on a chopping board. Transfer broccolini to a bowl. Add mushrooms to stock and cook for 3 minutes. Remove with a slotted spoon to bowl with broccolini. Add noodles to stock and cook for 4 minutes. Cut kernels from corn * Meanwhile, heat a frying pan over a medium high heat. Rub oil over steak and season. Cook for 3-4 minutes each side for medium-rare. Transfer to a plate and stand for 10 minutes. Thinly slice * Bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs * Place noodles and stock into serving bowls. Top with broccolini, corn, mushrooms, beef and an egg. Sprinkle with onions, sesame seeds and chilli. Serve |
| ***Lime, Lemongrass and Chilli Chicken Stir-Fry*** | * 2 stems lemon grass, white part only, crushed and chopped * 2 tbsp lime juice * 1 tsp ground turmeric * 2 garlic cloves, peeled * 1 small red bird's eye chilli, deseeded * 2 tbsp peanut oil * 750g chicken thigh fillets, trimmed and cut into 3cm pieces * 2 green onions (shallots), trimmed and thinly sliced * 1/2 cup reduced fat coconut milk * 2 tsp sugar * 1 tbsp fish sauce * 1 bunch baby bok choy, trimmed and roughly chopped * Coriander leaves, rice noodles, lime wedges and extra sliced chilli, to serve | * Place lemon grass, lime juice, turmeric, garlic and chilli into a small food processor. Season with salt. Process until mixture forms a paste * Heat oil in a wok over high heat. Add lemon grass paste and cook, stirring for 1 minute. Add chicken and stir-fry for 3-4 minutes until almost cooked through. Reduce heat to medium-low. Add green onions, coconut milk, sugar and fish sauce. Gently simmer (do not allow to boil) for 3 minutes * Toss through bok choy until just wilted. Sprinkle with coriander leaves. Serve with rice noodles or jasmine rice, lime wedges and extra chilli |