



## Wok-fried spicy beef with ginger

### Ingredients:

350 g beef steak  
1 red chilli pepper  
4 tbsp olive oil  
10 g ginger  
1.5 tsp salt  
1/4 tsp pepper  
125 g Mie noodles  
1 red bell pepper  
1 yellow bell pepper  
100 g Shiitake mushrooms  
4 spring onions  
1 tsp soy sauce  
100 ml beef stock  
50 g mung bean sprouts

### Accessories:

Pasta cooker  
Multi-element  
Induction wok

### Preparation:

Pat the beef dry and cut into strips.  
Wash the chilli pepper and slice lengthwise, wash and remove the seeds. Cut the flesh into thin rings.  
Mix 2 tbsp oil with the ginger, paprika, salt, pepper and chilli rings and marinate the meat.  
Cover the Mie noodles with boiling water and leave for 5 mins before stirring and pouring.  
Cut the washed bell peppers into thin slices.  
Wash the mushrooms and, depending on size, cut into halves or quarters.  
Cut the washed spring onions into diagonal slices.  
Remove the meat from the marinade and briefly pat dry.  
Heat 2 tbsp of oil in the wok and fry the meat for 3-4 mins.  
Add the peppers and mushrooms and fry for another 2 mins under constant stirring.  
Finally, add the spring onions.  
Deglaze with soy sauce and stock, bring to the boil and leave to simmer for 2-3 mins. Mix the sprouts and noodles with the beef. Season to taste with the Asian spice mix.  
Garnish with chives.

### Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

Powered by: