

Lemongrass and Tamarind Beef Stir Fry



A fresh and delicious 15 minute beef stir fry.

Recipe supplied by Australian Beef.

Ingredients

500 g rump steak

180 udon noodles

2 stems lemongrass

1/2 small wombok

1 bunch baby bok choy

1/3 cup tamarind puree

80 ml salt reduced beef stock

30 g palm sugar

pickled ginger, red chilli slices and coriander and edamame to serve

Method:

1. Cook the noodles in a saucepan following packet directions, drain well and set aside. Heat a

non-stick wok or frying pan over high heat. Add the beef cook in batches, stirring for 2-3 minutes until browned. Transfer to a clean plate.

2. Add the wombok, bok choy, tamarind, stock and sugar to the wok. Toss to combine, stir fry for 2-3 minutes. Return noodle and beef with any juices to noodle mixture, toss to combine and cook for 2 minutes until heated through.
3. Divide noodle mixture amongst serving bowls. Top with ginger, chilli, coriander and edamame. Serve.