

Lemongrass and Tamarind Beef Stir Fry



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

500g Rump Stir Fry Strips

180g Udon Noodles

2 Stems Lemongrass, white part only, finely chopped, extra to serve

1/2 Small Wombok, shredded

1 Bunch Baby Bok Choy, Quartered

1/3 cup (80ml) Tamarind Puree

1/3 cup (80ml) Beef Stock

30g Palm Sugar, grated

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, buk 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.