



TERIYAKI BEEF WITH ASIAN MUSHROOMS

Preparation Time 20 minutes

Cooking Time 10 minutes

Ingredients (serves 4)

2 tbs soy sauce
2 tbs dry sherry
2 tsp honey
1 garlic clove, crushed
3cm-piece ginger, peeled, shredded
400g beef rump steak, excess fat trimmed, thinly sliced
1 tbs peanut oil
150g oyster mushrooms, halved
100g shiitake mushrooms, thickly sliced
100g enoki mushrooms, trimmed
270g pkt soba noodles
1/2 bunch watercress, sprigs picked

Method

Combine soy sauce, sherry, honey, garlic and ginger in a bowl. Add beef. Place in the fridge for 30 minutes.

Drain beef. Pat dry with paper towel. Heat half a teaspoon of oil in a frying pan on medium-high. Fry half the beef for 2 minutes. Transfer to a bowl.

Repeat with half a teaspoon oil and remaining beef. Cover with foil.

Wipe pan. Heat 1 teaspoon of oil on medium-high. Fry oyster mushrooms for 2 minutes. Transfer to bowl. Repeat with 1 teaspoon oil and shiitake mushrooms. Add remaining oil and fry enoki mushrooms for 30 seconds.

Add beef, oyster and shiitake mushrooms and watercress.

Cook noodles to packet directions. Divide among bowls. Top with stir-fry.

Nutritional information	
This information is per serve.	
Protein 34.00g	Dietary Fibre 5.50g
Fat Total 9.00g	Energy 1900kJ
Fat Saturated	Sodium -
Carbohydrate Total 56.00g	Cholesterol -
Carbohydrate Sugars -	

This recipe is taken from Taste.com.au