Product Spotlight: Sesame seeds

Sesame seeds are a powerhouse of nutrition and have many health benefits. For example, they may improve blood pressure, support healthy bones and reduce inflammation.

3 # Sesame Beef

with Stir-Fry Noodles

This colourful dish is not only full of crunchy stir-fried veggies, but also boasts tender 100% free-range WA-raised beef and tender rice noodles.

Bulk it up

If you're feeling extra hungry, you can scramble a few eggs and add to the stir-fry for a boost of filling protein.

🕑 30 minutes   🍴 2 servings   🥩 Beef

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1. COOK THE NOODLES

Bring a saucepan with water to boil. Add noodles and simmer for 2-3 minutes or until al dente. Drain and rinse in cold water.

2. MARINATE THE BEEF

Crush **garlic** and place into a bowl with sesame seeds, **1 tbsp sesame oil, 1 1/2 tbsp soy sauce and 1 tbsp sweet chilli sauce** (see notes). Spoon 1 tbsp over the beef and leave to the side.

3. PREPARE THE VEGETABLES

Slice red onion, carrot, celery and snow peas.

4. COOK THE BEEF

Heat a large frypan over <u>high</u> heat**.** Cook scallopini for 1 minute on each side or until browned and cooked to your liking. Take off heat. Remove to a plate to keep warm. Keep pan.

5. STIR-FRY THE NOODLES

Re-heat pan with **oil**, add the vegetables and stir-fry for 3-4 minutes. Add noodles with remaining marinade and mix well. Season to taste with **pepper and extra soy sauce**.

6. FINISH AND PLATE

Serve noodles with scallopini on the side.