THE LIGHTER PLATE METHOD

Healthier Beef Chow Mein

All the takeaway flavour, with a lot more vegetables and a lot less oil.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**12 min**	**22 min**	**4**	**EASY**

Ingredients

- 300 g egg noodles
- 400 g beef rump steak (thinly sliced)
- 200 g beansprouts
- 2 carrots (shredded)
- 3 spring onions (sliced)
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 2 cloves garlic (sliced)

Method

1. Cook the egg noodles according to the pack instructions, then drain and set aside.
2. Heat a little oil in a wok or large frying pan over a high heat. Stir-fry the beef for 2–3 minutes, until browned, then remove.
3. Add the garlic and carrots to the pan and stir-fry for 2 minutes.
4. Return the beef to the pan with the noodles, beansprouts, soy sauce and oyster sauce, and toss everything together for 2 minutes.
5. Scatter with spring onions to serve.

Tips & swaps

- Have every ingredient prepped and within reach before you start — stir-fries move fast.
- Swap oyster sauce for a vegetarian 'oyster' sauce or extra soy sauce if needed.

Storage & reheating

Best eaten fresh; noodles can turn gluey on reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**30g**	**50g**	**10g**	**4g**

Estimated values, for guidance only. Contains: Gluten, Egg, Soya, Molluscs.