



Beef, lemon and courgette noodle stir-fry

By Miele

15 minutes, plus marinating time

Preparation Time

15 minutes

Cooking Time

4-6

Serves

INGREDIENTS

Marinated beef

80 ml (? cup) soy sauce
60 ml (¼ cup) lemon juice
125 ml (½ cup) olive oil
1 tbsp Sriracha sauce
500 g eye fillet beef, cut into thin strips

Zucchini noodles

4 courgette / zucchini
1 ½ tbsp olive oil
4 garlic cloves, crushed
30 g butter
1 lemon, juiced and zested
60 ml (¼ cup) chicken stock
¼ tsp chilli flakes
Salt flakes, to taste

To serve

Coriander leaves, picked
Thai Basil leaves, picked
Vietnamese mint, picked
Parsley leaves, picked
Chilli, thinly sliced
Lime, cut into wedges

METHOD

Marinated beef

1. Combine ingredients into a bowl and mix well. Add the beef and coat well. Place into the refrigerator for 30 minutes, or up to an hour to marinate.
2. Strain beef from marinade and reserve liquid for later use.

Zucchini noodles

1. Wash and trim the ends of the courgette. Using a spiralizer, make the courgette noodles and set aside.
2. Heat a wok on medium-low heat, induction setting 4 for 4 minutes then increase to high heat, Induction setting 8. Add the oil add the marinated beef in one layer and cook for 1-2 minutes without stirring. This step may require that the beef is cooked in batches to prevent overcrowding the pan.
3. Return all the beef to the wok and add in the garlic. Cook for a further minute, then, remove from the wok and set aside.
4. In the same wok, add the butter, lemon juice, chicken stock, chilli flakes and remaining marinade. Cook on medium heat, Induction setting 7. Bring to the boil and allow sauce to reduce for approximately 5 minutes, stirring regularly.
5. Add the courgette noodles to heat and gently coat in the sauce. Cook for 2-3 minutes until coated.
6. Add the beef back to the wok and stir through with the noodles.

To serve

1. Remove from heat and toss with picked herbs. Top with the chilli and serve with lime wedges.

Hint and tips

- Instead of chicken stock use dry white wine to enrich the dish.
- Courgette tends to render a lot of water when cooking, allow the spiralled noodles to sit in a colander for a few minutes to drain off excess water.