



BEEF SATAY NOODLES

SO SAUCY!

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

Stir fries are the perfect weeknight meal - they're quick, use only one pan and can be eaten with just a fork. With plenty of delicious, creamy sauce, these satay beef noodles are guaranteed to go down a treat.



SATAY SAUCE

- 1/3 cup peanut butter (85g)
- 2 Tbsp soy sauce
- 2 Tbsp sweet chilli sauce
- 1 Tbsp lime or lemon juice
- 1/2 Tbsp brown sugar
- 1/2 Tbsp fish sauce
- 400ml lite coconut milk (13.5 fl.oz)
- 1 red capsicum
- 1 carrot
- 1 brown onion
- 2 spring onions
- 400g can baby corn cuts (14oz)
- 1 Tbsp peanut oil, divided
- 350g pre-cooked Singapore noodles (12.3oz)
- 1/3 cup roasted, salted peanuts (65g)

BEEF AND VEGGIES

- 500g beef rump steak (1lb 2oz)

1. PREPARE SAUCE

Whisk together peanut butter, soy sauce, sweet chilli sauce, lime or lemon juice, sugar and fish sauce. Once you have a thick sauce/paste, add coconut milk and whisk until combined.

2. PREPARE BEEF AND VEGGIES

Thinly slice rump steak into strips, discarding any excess fat. Slice capsicum into strips and cut carrot into half rounds. Thinly slice brown onion and spring onions. Drain corn.

3. COOK STIR FRY

Heat 1/2 tablespoon oil in a large wok or frying pan on high. When wok is really hot, add beef and stir fry until browned all over. Remove from pan onto a plate.

4. Add remaining 1/2 tablespoon oil to wok, then add capsicum, carrot, brown onion and corn. Stir fry for 3-4 minutes, until veggies are tender.

5. Add beef back into wok together with noodles (separate them with your hands as you add them). Stir to combine. Reduce heat to medium-high then pour in satay sauce. Simmer rapidly for approximately 2-3 minutes, stirring frequently, until sauce has thickened to your liking.

6. SERVE

Divide stir fry between warmed serving bowls. Top with spring onions and peanuts.



WINE MATCH: A Gewürztraminer or a dry Riesling.

SATAY BEEF NOODLES RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free soy sauce and make sure fish sauce is gluten-free. Replace Singapore noodles with gluten-free rice noodles (you may need to pre-cook these - follow instructions on packet).

INGREDIENT SWAPS / NOTES: You can use smooth or crunchy peanut butter. Feel free to change up the veggies according to your preferences.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave.