



Scotland Island Gourmet Fresh

Soy Ginger Beef with Soba Noodles

*Prep – 15 mins
Cook – 15 mins
Total – 30 mins*

*Pantry
Sesame oil, Soy sauce (Salt reduced)*

Ingredients (in order that they are used)

| | <i>2 people</i> | <i>4 people</i> |
|--|-----------------|------------------|
| <i>Sesame oil</i> | <i>1 tsp</i> | <i>2 tsp</i> |
| <i>Ginger</i> <i>(peeled & finely grated)</i> | <i>1 knob</i> | <i>2 knobs</i> |
| <i>Birdseye chilli</i> <i>(deseeded and finely chopped)</i> | <i>1</i> | <i>2</i> |
| <i>Lemon (juiced)</i> | <i>½</i> | <i>1</i> |
| <i>Salt reduced Soy Sauce</i> | <i>4 tbs</i> | <i>8 tbs</i> |
| <i>Beef steaks</i> | <i>1 steak</i> | <i>2 steaks</i> |
| <i>Soba noodles</i> | <i>1 packet</i> | <i>2 packets</i> |
| <i>Carrots</i> <i>(peeled and cut into matchsticks)</i> | <i>1</i> | <i>2</i> |
| <i>Sugar snap peas</i> | <i>1 packet</i> | <i>2 packets</i> |
| <i>Coriander</i> <i>(Leaves picked)</i> | <i>1 bunch</i> | <i>2 bunches</i> |

1/ In a bowl mix together sesame oil, garlic, ginger, birdseye chilli, half the lemon juice and half the salt reduced soy sauce. Add the beef and coat well in the marinade. Set aside for at least 10 mins, use this time to prep your veg.

2/ Bring some water to the boil in a saucepan and cook the soba noodles according to the packets directions. Drain and rinse well. Transfer to a large bowl.

3/ Meanwhile, heat a lightly greased frying pan over a medium heat. Pop the steaks in and cook to your liking (save any excess marinade for next step). Remove them from the heat and let them rest for 5 mins. It is important not to skip the resting part as this ensures that your steak is nice and tender.

4/ While the steak is resting, return the same pan to the heat and add the carrot, sugar snap peas and any leftover marinade. Cook, stirring for 1 – 2 mins or until the veggies are just tender.

5/ Thinly slice the steak and add to the bowl with the noodles along with the veg and any leftover marinade, lemon juice and coriander. Toss well to combine.

6/ Divide between bowls and gobble it all up.