

Asian inspired quick beef noodles



BODY SHAPE
PERFORMANCE

grated zest and juice of 1 lime
1 small handful fresh basil leaves, roughly chopped
1 small handful fresh mint leaves, roughly chopped
1 tbs fish sauce (nam pla)
1 tbs soy sauce
1 inch piece fresh ginger, grated
1 tsp honey
60g (dry weight) vermicelli, or use noodles of your choice
1 tsp ghee or coconut oil
350g lean stir fry beef strips
2 spring onions, finely sliced
8-10 small asparagus spears
½ - 1 red chilli, finely sliced
100g sugar snaps
to garnish:
1 tsp unsalted peanuts (optional)
½ tsp sesame seeds

In a bowl, mix the lime juice and zest, mint, basil, ginger, fish sauce, soy sauce and honey.

Bring a small saucepan of water to the boil. Add the vermicelli, stir well and cook for 2-3 minutes until tender. Drain.

Melt the oil / ghee in a frying pan over a high heat. Add the beef and cook for 2-3 minutes, stirring to brown all over. Transfer beef to a plate and set aside. Reduce heat to medium. Add the spring onions, asparagus, red chilli and sugar snaps to the frying pan. Sauté for 3 minutes, stirring.

Add the sauce to the frying pan and stir well. Cook for 2-3 minutes, stirring occasionally. Add the vermicelli to the frying pan and stir. Transfer the contents of the pan to serving bowls. Top with peanuts (if using) and a sprinkle of sesame seeds. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 2



PER SERVING:
456 Calories
41g Carbs
46g Protein
12g Fat

