

SESAME BEEF

Serves 4

NUTRITIONAL INFORMATION:

Higher Protein



GYMGAIR

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Kcal: **513**

Protein: **42g**

Carbohydrate: **30g**

Fat: **25g**



INGREDIENTS

2	Medium Eggs, hard-boiled & halved
450g	Rump Steak, sliced
1	Garlic Clove, crushed
1/2	Lemon, juice only
2 tbsp	Soy Sauce
2 tbsp	Worcestershire Sauce
2 tsp	Tomato Puree
1 tbsp	Sesame Seeds
1 tbsp	Vegetable Oil
1	Bunch Spring Onions, sliced
400g	Cooked Egg Noodles

COOKING TIME: 15 minutes

METHOD:

- Boil the eggs, de-shell and half.
- Put the soy sauce & Worcestershire sauce, tomato puree, lemon juice, sesame seeds & garlic into a bowl. Add the steak & toss to coat.
- Heat the oil in a wok or non-stick frying pan until hot. Add the steak & sear well, remove from the wok & set aside.
- Add any sauce from the bowl to the wok & heat for 1 minute. Add the spring onions & seared steak. Stir fry for 5 minutes. Add the cooked egg noodles, toss & serve immediately with ½ a hard-boiled egg per person.

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