

🕒 Preparation: 5 mins
🕒 Cooking: 10 mins

👤 Serves: 4

✓ Difficulty: easy



Beef & broccoli power bowl

Big flavours, health-boosting veg and lean protein come together in this speedy stir-fry to keep you feeling satisfied and nourished

INGREDIENTS

- 1 large head of broccoli, cut into small florets
- 1 tsp sunflower oil
- 3 garlic cloves, crushed
- 500g lean minced beef
- 3cm piece of fresh ginger, peeled and grated
- 4 spring onions, sliced (white and green parts separated)
- 300g fresh egg noodles
- 50ml soy sauce
- 1 tbsp rice vinegar or lime juice
- 1 tsp sesame oil
- 1–2 fresh red chillies, finely sliced (to taste)
- Sesame seeds, to garnish

RECIPE

1. Steam or blanch the broccoli for 2–3 minutes until just tender but still vibrant. Drain and set aside.
2. Warm the sunflower oil in a large wok or frying pan over a medium-high heat. Add the garlic and fry for 1–2 minutes. Be careful not to burn it.
3. Add the beef, breaking it up with a spoon. Fry until browned and cooked through.
4. Stir in the ginger and the white parts of the spring onions. Fry for 30–60 seconds.
5. Add the broccoli, fresh noodles, soy sauce and rice vinegar (or lime juice). Toss everything together until well coated and heated through.
6. Remove from the heat, drizzle over the sesame oil, then scatter the chillies, green spring onion tops and sesame seeds.

Dish up and dig in – healthy enough to feel virtuous, tasty enough to forget that part. 😊

