

Spiced Noodle Broth with Poached Beef and Broccoli



Cooking time: 25 mins

Serves: 4

how to cook

- 1 Heat the vegetable oil in a large saucepan. Add the onion and ginger and cook for 1 minute on a low heat, then throw in the garlic and chilli. Cook gently for a further 4 minutes, to soften the vegetables.
- 2 Add the steak, just cover with some stock and simmer with a lid on for 2 minutes for rare, 3 minutes for medium, or 5 minutes for well done. Throw in the noodles and more stock (if it's needed) to cover the noodles. Simmer for 3 minutes.
- 3 Toss in the peppers, broccoli and carrot and cook for another minute.
- 4 Remove the steak and place on a chopping board.
- 5 Mix the noodles with the vegetables and serve in individual bowls with the cooking stock.
- 6 Finely slice the beef and divide between the bowls. Sprinkle over the spring onions, top with a sprig of coriander and serve with soy sauce on the side.

what you need

- 300g John Penny 21-day matured beef steak
- 1tbsp vegetable oil
- 1 fresh onion, peeled and finely sliced
- 7cm ginger, chopped
- 1 clove garlic, crushed
- 1 red chilli, chopped
- 600ml beef stock
- 300g dried noodles
- 1 red pepper, cut into strips
- 200g broccoli, broken into florets
- 1 large carrot sliced crossways
- 2 spring onions, finely sliced
- 4 sprigs coriander
- Soy sauce

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