

BEEF AND NOODLES WITH CHILLI JAM

Preparation time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients

2 tablespoons peanut oil

80g (½ cup) cashew nuts

500g beef rump steak, thinly sliced

200g Thai chilli jam

150g green beans, trimmed and cut into 3cm pieces

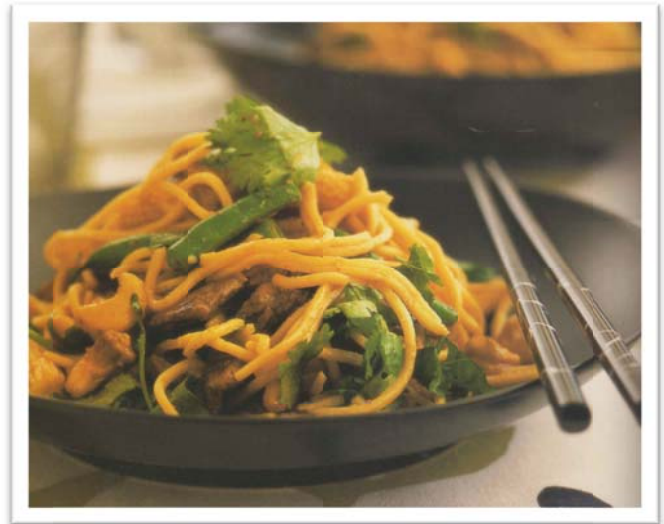
125g baby corn, halved

25g (½ cup) chopped coriander leaves

500g packet fresh Asian noodles, such as Hokkien (egg) noodles

Method

Heat 1 tablespoon of the oil in a wok or frying pan over medium heat. Stir-fry the beef, in batches, for about 3 minutes each batch, or until brown. Return all the beef to the wok, then add the chili jam, beans, corn and 60mL water. Stir-fry for 4 minutes, or until the vegetables are tender. Stir in the coriander and cashew nuts. Add the noodles to the wok and stir to combine. Heat through and serve.



Nutritional Information:

Kilojoules 2874 kJ

Calories 684 cal

Protein 37 g

Total fat 32 g

Saturated fat 9 g

Carbohydrate 7 g

Sodium 390 mg

Fibre 7 g

GI low

© Recipe and image from 'The low GI diet cookbook', pages 110-1.