

Chilli Beef and Broccoli Stir Fry with courgette noodles



This hot stir fry will hit the spot! Tasty, nutritious and filling ☺ You'll need a spiralizer to make the courgette noodles or you can now buy courgettes already spiralized from some supermarkets. If you prefer, serve this with some buckwheat noodles or brown rice.

To serve 4 people, you'll need

- 1 large head of broccoli, broken into florets
- 1 carrot, cut into thin matchsticks
- 2 shallots, sliced
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, crushed
- 2 tbsp light soy sauce
- 1 tbsp sesame oil
- 1-2 fresh red chillies, diced
- 400g good quality steak, sliced into strips, fat removed
- Juice of one lime
- 1 tsp Chinese five spice

Place the beef into a bowl along with the lime juice, five spice, half of the chopped chillies, half of the oil and half of the soy sauce. Mix together and leave this to marinade while you chop and prepare all of the vegetables and spiralize your courgette. Put these to one side.

Steam the broccoli florets for 3 mins then remove from the steamer and leave to one side.

In a large frying pan or wok, heat up the remainder of the oil and add the beef in small portions. Fry each portion off for 2-3 mins on a high heat then remove and add the next portion. This will ensure that the temperature of the oil stays high and the beef is cooked quickly, keeping it tender and not chewy. Once all the beef is cooked, remove from the pan and add the shallots, carrots, steamed broccoli, garlic, ginger, the rest of the chilies and soy sauce to the pan. Keep the heat high and stir continuously until the veg is cooked slightly but still has a bite to it. Add the beef back to the pan for the last 30 seconds, stirring to mix all the meat and veg together.

Place the raw courgette spirals into the bottom of a bowl and top with a portion of the chilli beef stirfry.