

Delicious Dinners

Ginger Beef and Mushrooms!



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Ingredients:

- 2tsp brown sugar
- 2tbsp soy sauce
- 2tbsp dry sherry
- 1tbsp wine vinegar
- 2tsp black bean sauce
- 100ml beef stock
- 1tbsp groundnut oil
- 200g broccoli
- 600g lean rump steak
- 3cm piece of ginger
- 2 cloves of garlic
- 250g mushrooms
- 200g canned bamboo shoots
- 4 sheets of egg noodles.

Equipment:

- Large pan or Wok
- Sharp Knife
- Measuring jug
- Wooden Spoon

Method:

1. Combine the sugar, soy sauce, dry sherry, wine vinegar, black bean sauce and beef stock.
2. Boil a pan of water and cook the noodles according to the instructions. Once cooked drain and set aside.
3. Heat the oil in a wok or large frying pan and cook the broccoli for 2 minutes.
4. Add the steak and fry for 2 minutes.
5. Add the ginger and garlic and stir.
6. Add the mushrooms and bamboo shoots, stir and cook for 1 minute.
7. Add the sauce and noodles stir well, cook until the noodles are soft and the sauce is hot.

