



Ingredients

- 150 g Dry flat rice noodles
- 350 g Beef fillet, sliced thinly
- 1 Medium (150g) onion, sliced
- 1 pkt MAGGI Teriyaki Stir Fry
- 1 tbsp Peanut Oil
- 200 g Gai Lan (Chinese broccoli)
- 2 Egg, lightly beaten
- 1 cup Bean Sprouts

Instruction

1. Cook noodles following packet directions. Rinse under cold water, drain and set aside. In a medium bowl, combine beef and MAGGI Teriyaki Stir Fry Infusion Paste, marinate 10 minutes.
2. Heat a wok over high heat, add oil and beef, stir-fry for 2 minutes add onion and stir fry until softened, remove from
3. Add gai lan and stir-fry for 2-3 minutes. Add the noodles, MAGGI Teriyaki Stir Fry Finishing Sauce, beef, egg and pepper. Cook, tossing, for 2 minutes or until the egg is cooked. Top with the bean sprouts.

Nutrition

Carbohydrates	47.8 g
Energy	452.74 kcal
Fats	16.06 g
Protein	27.73 g
Sugars	13.69 g

🕒 0 Minutes

⊕ 4 portions