



## Beef Pad See Ew

### 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