



Beef and Vegetable Stir Fry

Ingredients

- 73 g MAGGI 2-Minute Beef Noodles
- 1 tbsp Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed
- 0.5 Medium Onions, Raw
- 2 Leafs Cabbage, Red, Raw
- 100 g Beef, Grass-Fed, Strip Steaks, Lean Only, Raw
- 5 g MAGGI Lazenby Worcester Sauce
- 250 g Boiled Water
- 0.5 tbsp Onions, Spring Or Scallions (Includes Tops And Bulb), Raw

Instruction

1. In a medium pan or wok, heat the oil until hot.
2. Saute sliced onions for about 3 minutes until fragrant.
3. Add beef strips and fry until cooked through; further add sliced red cabbage and cook for about 5 minutes, combining everything together.
4. Add MAGGI noodles soaked in hot water and cook until well coated and mixed.
5. Serve hot and garnished freshly with chopped spring onions if desired.

Nutrition

Carbohydrates	26.3 g
Energy	306.25 kcal
Fats	14.22 g
Protein	15.99 g

🕒 12 Minutes

⊕ 2 Portions