



Fried Beef Noodles

Ingredients

- 73 g MAGGI 2-Minute Beef Noodles
- 1 tbsp Oil, canola
- 200 g Beef, New Zealand, imported, rump centre, separable lean and fat, raw
- 60 g Egg, Whole, Raw, Fresh
- 1 Onions, Raw
- 1 Carrots, Raw
- 2 cups Peas, green, raw
- 10 g Onions, Spring Or Scallions (Includes Tops And Bulb), Raw

Instruction

1. Cook MAGGI Wholegrain 2 Minute Beef Noodles according to packet directions; drain and keep warm.
2. Meanwhile, heat oil in wok or large frying pan over medium heat; add eggs; swirl over the base to form an omelette; cook 2 minutes, turn over, cook a further 2 minutes or until set. Transfer to a chopping board, cool slightly. Roll up tightly and slice thinly.
3. Coat beef with MAGGI Honey Soy Stir Fry, Infusion Paste, add to hot wok or frying pan; cook 2 minutes. Add onion and garlic and cook for a further 2 minutes or until onion has softened. Add carrot, peas, MAGGI Honey Soy Stir Fry, finishing sauce and cooked MAGGI Wholegrain 2 Minute Beef Noodles, stirring, 2-3 minutes. Stir through egg and shallots and serve

Nutrition

Carbohydrates	24.6 g
Energy	278.84 kcal
Fats	11.52 g
Protein	18.93 g

🕒 16 Minutes

⊕ 4 portions