



## Beef and Vegetable Stir Fry

### Ingredients

- g MAGGI 2-Minute Beef Noodles
- tbsp Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed
- 1/2 1/2 Medium Onions, Raw
- Leafs Cabbage, Red, Raw
- g Beef, Grass-Fed, Strip Steaks, Lean Only, Raw
- g MAGGI Lazenby Worcester Sauce
- g Boiled Water
- 1/2 1/2 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