

# BEEF PAD THAI



## QUICK

15-20 minutes  
prep time

## HEALTHY

Beef is high in protein and Vitamin B12, which keeps blood cells healthy and prevents tiredness

## FAMILY

Serves 5-6

## MEALS

This doesn't need to be served with anything else as it contains all food groups.

## INGREDIENTS

- 800g beef for stir frying (suggested cuts - prime bola or fairy steak cut into strips)
- 75g wholemeal rice noodles
- 2 courgettes
- 2 carrots
- ¼ red cabbage
- 1 red pepper
- 1 red onion
- ½ chilli (optional)
- 3 garlic cloves
- 4 cm root ginger
- 50g peanuts
- 2 eggs – beaten

### Sauce

- 2 beef stock cubes in 100ml boiling water
- 70ml cider vinegar
- 100ml soy sauce
- ½ tsp chilli paste – optional
- 2 tbs fish sauce - optional

## METHOD

- 1) In a jar – make up the sauce by mixing the vinegar, stock, and soy sauce (and chilli paste/fish sauce)
- 2) Spiralize the courgettes and carrots or dice them
- 3) Slice the other vegetables
- 4) Slice beef into 'fingers'
- 5) Cook noodles – follow the instructions on the pack
- 6) Heat 1 tbs oil in a wok, add minced garlic, minced ginger and finely diced chilli and sauté for 1 min
- 7) Add beef and onion – whilst that's cooking...
- 8) Put peanuts in a bag and crush with a rolling pin
- 9) Add sauce to beef and onion
- 10) Add spiralized veg, then noodles and mix well
- 11) Add beaten egg – mix well till cooked
- 12) Sprinkle with peanuts and serve immediately



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)