Honey Soy Beef with Broccoli

NIBBLEDISH CONTRIBUTOR

Ingredients

Marinade

- Soy Sauce
- Honey
- 2 cloves of garlic, minced
- 1 cm ginger, minced

Dish

- Frying steak
- 1 small head of Broccoli, cut into small florets
- 1 medium Onion, thickly sliced
- 1 large Carrot, diced or julienned
- Rice noodles

Instructions

This dish started out being a simple noodle soup using up the carrot and onion I had but I found some nice looking frying steak that evening and the dish started morphing before my very eyes into something like this.

The amount of each ingredient is a little hazy since a) I don't recall, and b) I was making

the dish up on the spot.

It was ridiculously tasty though.

For the marinade:

1. Chop if the beef into strips and place into a sealed bag or bowl.
2. Add the garlic and ginger and enough soy sauce to cover.
3. Pour over some honey, about a fifth of the amount of soy
4. Leave to marinade for up to 24 hours (1 will do though).

For the dish:

1. Put a pan of water on to boil and when ready add the broccoli for 3-4 minutes and then drain, keeping the water
2. Put the rice noodles into the same water and boil for 6-8 minutes, and then drain

3. Meanwhile, heat your wok to a high heat and add some groundnut oil
4. Add your beef, discarding the marinade, and cook for a couple of minutes till browned off, then set aside.

5. Turn the heat down and add the onion, frying off gently, then add the carrots
6. Add the beef back to the wok and then add the noodles giving the whole lot a good mix
7. Warm your plates/bowls, serve and enjoy!