

15 MINUTE BEEF with NOODLES **serves 4**

A little fillet of beef can go along way with this recipe.

Ingredients 450g(1lb) trimmed fillet beef
marinade 1 cm (½") grated ginger
 ½ tsp salt
 ½ tsp sugar
 2 tsp sesame oil
 2 tsp sesame seeds

200g (7oz) chestnut mushrooms
2 tbs julienned ginger
100ml (4oz) light soy
100ml (4oz) white wine
150g (6oz) noodles
2 tsp mushroom oil

Method Mix the grated ginger, salt, sugar, sesame seeds and oil together in a mortar and pestle. Rub into the beef.

Heat a frying pan until hot, add a little oil and then add the beef. Brown on all sides then cover with a lid and cook for 10 minutes over a low heat until done and a little pink.

Slice the mushrooms and put them in a pan with the julienned ginger, light soy, white wine. Simmer for 2 minutes.

Pour some boiling water over the noodles in a bowl and leave for 4 minutes. Drain well and toss with the mushroom oil to prevent them sticking.

To serve the beef, slice thinly. Place on plates and pile on some noodles. Spoon over some mushrooms and accompany with the pumpkin.