KIKKOMAN

Teriyaki Egg Noodles with Steak and Edamame Beans

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,945 kJ / 464 kcal

INGREDIENTS

4 portion(s)

350 g	(12 oz) rump or sirloin steak
6 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
2 tbsp	groundnut oil
1	red onion, peeled and thinly sliced
1	red pepper, deseeded and sliced
200 g	(7 oz) frozen edamame beans, defrosted
275 g	(10 oz) fresh egg noodles

PREPARATION

Step 1

Trim any fat from the steak and cut the meat across the grain into thin strips.

Step 2

Put the steak in a shallow dish and spoon over the Kikkoman Teriyaki Sauce with Roasted Garlic, stirring until the beef is coated. Cover with cling film and leave in the fridge to marinate.

Step 3

Heat 1 tablespoon of the oil in a wok and stir-fry the onion and red pepper over a high heat for 3 minutes.

Step 4

Add the edamame beans and stir-fry for a further 1 minute. Remove the vegetables from the pan and set aside.

Step 5

Add the rest of the oil to the wok, lift the beef out of the dish and stir-fry for 3-4 minutes.

Step 6

Add the noodles and vegetables and pour over any sauce left in the dish. Toss everything together over the heat for 5 minutes until piping hot. Serve at once.