



Asian Beef Noodle Salad

Recipe by School Food Matters



Serves 5



1 hour

INGREDIENTS

Beef marinade:

- 375g lean beef strips, trimmed
- 2 tablespoons salt-reduced soy sauce
- 1 clove garlic, peeled and crushed or finely diced
- 1 heaped dessert spoonful (25g) brown sugar
- 1 tablespoon apple cider vinegar
- Olive oil (as needed)

Tahini dressing:

- 2 big dessert spoonfuls (30g) tahini
- 2 tablespoons salt-reduced soy sauce
- 3 teaspoons white vinegar
- 1 dessert spoon (15ml) honey
- 1 dessert spoon (15ml) olive oil
- 1 clove garlic, peeled and crushed or finely diced

Noodle salad:

- 250g vermicelli noodles (dry)
- 100g pea sprouts*
- 3 carrots*, finely diced or grated
- 1 red capsicum*, finely diced

EQUIPMENT

- Knife
- Mixing bowls
- Chopping boards
- Large wooden spoon
- Scales
- Colander
- Measuring jug
- Large frypan or wok (for cooking beef)
- Measuring spoons
- Large saucepan or stock pot (for cooking noodles)

NOTES

*Replace vegetables with whatever is in season and available to you.

Red, green or Wombok cabbage, spring onion, cucumber, radish, bean sprouts, or herbs such as coriander or mint would all work well.

Dessert spoon = approx 10-15ml

Tablespoon = 20ml

Teaspoon = 5ml



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app





Asian Beef Noodle Salad

Recipe by School Food Matters



Serves 5



1 hour

DIRECTIONS

To marinate and cook the beef:

- Preheat the oven to 100°C.
- Put all the marinade ingredients into a bowl, and stir to combine.
- Place the beef strips into the marinade, and stir until well combined. Set aside for 20 minutes, or refrigerate overnight.
- Put the frypan or wok over medium heat, and add enough oil to lightly coat the bottom of the pan.
- Place beef in a single layer to cover the bottom of the pan. Cook for approximately 5 minutes, until cooked through and golden brown.
- Remove the beef from the pan and place on a tray in the oven to keep warm until ready to serve.
- Repeat with remaining beef.

To make the noodle salad:

1. Fill a large saucepan with water and bring to the boil. Add noodles, and cook according to packet instructions.
2. When cooked, remove from heat. Drain and rinse the noodles under cold water. Set them aside to cool.
3. Wash the salad vegetables, and dice or grate as per the ingredient list.
4. Place all tahini dressing ingredients into a small bowl, and whisk to combine.
5. Place the drained noodles and salad vegetables into a large bowl, and pour over the tahini dressing. Mix well to combine.

To serve:

Top the noodle salad with the warm beef strips.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

