



Campaigning for people to "Season with Sense"



## GARY MACLEAN'S BEEF RIBEYE STEAK WITH UDON NOODLES

 **Prep: 10 minutes**

 **Cook: 10 minutes**

 **Serves: 4**

### INGREDIENTS:

- 3 tbsp Soy sauce
- 2 tbsp Rice wine vinegar
- 4 tbsp Oyster sauce
- 200ml Vegetable Stock, a quality stock cube works for this
- 2 tsp Cornflour
- 300g Straight-to-wok Udon noodles
- 2 x 225g Ribeye Steak, sliced
- 30ml Rapeseed Oil
- 40g Fresh ginger peeled, chopped or grated
- 1 bunch Spring onions, chopped
- 4 Garlic cloves, crushed
- 2 Red Chilli, chopped
- 100g Chestnut mushrooms, sliced
- ¼ tsp **LoSalt**
- 200g Pak choy, shredded
- 4 Salad Tomatoes, cut into six
- 2 pinches Sesame seeds
- Few drops Sesame oil

### METHOD:

1. First make the sauce
  - Mix soy sauce, rice wine vinegar, oyster sauce and stock in a bowl.
  - In a separate bowl mix the cornflour with 3 tbsp water. Once combined add to the soy sauce mix.
2. Now for the noodles: remove from the packet and rinse with water to loosen, then drain.
3. Season and toss the steak with 1/2 tbsp oil. Heat a wok or pan to high then sear the steak for 2-3 minutes. Remove the steak out of the pan.
4. Using the same pan, add the remaining oil, then add the ginger, spring onions, garlic and chilli and stir-fry for a couple of minutes.
5. Add your sliced chestnut mushrooms and cook. Once coloured, season to taste with **LoSalt**.
6. Add the Pak choy and cook until just wilted. Then remove from the pan.
7. To the same pan add your sauce mixture and heat, this should thicken slightly.
8. Add the tomato wedges and cook for a couple of minutes.
9. Lastly add the noodles, steak and Pak choy and any juices. Toss until heated through. Double check seasoning.
10. Serve in warm bowls sprinkled with the spring onion greens and some sesame seeds and sesame oil.