

## Beef Hor Fun Recipe

### (Beef Flat Rice Noodles Recipe)

**Ingredients:** Serves 8 - 10

500 g (1 lb) dried or fresh koay teow (flat rice noodles)

300 g (approximately 9 oz) flank steak, sliced thinly

#### **Marinade:**

1 teaspoon light soy sauce

1 teaspoon sesame oil

1 teaspoon rice wine

250 g (½ lb) kai lan (Chinese kale), lightly boiled

4 tablespoons peanut oil

1 clove garlic, peeled and chopped

4 shallots, peeled and sliced thinly

1 thumb-length ginger, peeled and chopped

#### **Sauce:**

2 cups stock or water

1 tablespoon light soy sauce

1 tablespoon soy sauce

1 tablespoon rice wine

1 teaspoon salt

1 teaspoon sesame oil

1 tablespoon sugar

1 tablespoon cornflour

#### **Method:**

Soak dried noodles in cold water until softened. Bring a pot of water with a little oil to boil and cook drained noodles. It takes just minutes. Break off a strand to test if noodles are cooked. Place drained noodles on a plate. Omit this step if using fresh noodles. Slice steak thinly across grain and cut each slice again in half if you want small pieces. Marinate in light soy sauce, sesame oil and rice wine. Leave to stand at least 15 minutes. Heat oil in a wok large enough for the noodles. Sauté garlic, shallots and ginger until fragrant. Add beef slices and stir-fry briskly for a few minutes. Do not worry if they are half cooked. Remove. Mix sauce ingredients in a bowl, stirring well. Pour sauce into hot wok and allow to thicken, stirring continuously. Return beef to the wok. Add green vegetables and pour sauce over noodles on the plate. Serve immediately with a dip of pickled green chilies and light soy sauce on the side.

**Note:** The popularity of this dish is demonstrated by the number of places where you can eat it - in food stalls, restaurants and lots of club cafes. The secret to this dish is making sure you have ample gravy to drench the noodles with.

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