

# Shanghai Noodles with Sliced Beef & Garlic Chives

**Season:** Summer/Autumn

**Serves:** 6 serves at home or 30 tastes in the classroom

**Fresh from the garden:** garlic, garlic chives, red capsicum

**Recipe source:** *Kitchen Garden Companion* by Stephanie Alexander (2009, Penguin Lantern, Melbourne)

**Note:** The beef needs to be marinated for at least 30 minutes before cooking.

## Equipment:

large pot  
metric measuring scales, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
bowls – 1 medium, 1 small  
mixing spoon  
plastic wrap  
colander  
tongs  
large wok  
wok sang  
serving platter  
serving tongs  
chopsticks

## Ingredients:

450 g rump steak, topside or porterhouse, thinly sliced against the grain  
750 g thick fresh Shanghai wheat noodles  
¼ cup sunflower oil  
3 tbsp oyster sauce  
1½ tbsp dark soy sauce  
3 tsp white sugar  
1 red capsicum, seeded and sliced into 5 mm-wide strips  
1 large handful of garlic chives, cut into 5 mm lengths

## For the marinade:

3 garlic cloves, finely chopped  
6 tsp oyster sauce  
1½ tbsp light soy sauce  
3 tsp white sugar  
1½ tbsp cornflour  
1 tsp sesame oil

## What to do:

1. Fill the large pot with water and put it on to boil on high heat.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the marinade ingredients in the medium bowl. Add the beef, cover with plastic wrap and refrigerate for at least 30 minutes.



4. **\*Carefully drop the noodles into the boiling water**, stir briefly to separate them. Simmer for 3 minutes.
5. Drain the noodles in the colander in the sink. Refresh under cold water, drain well, then mix through a few drops of oil. Set aside.
6. Mix the oyster sauce, dark soy sauce and sugar in the small bowl and set it aside.
7. Heat the wok over high heat, then add the remaining oil. Stir-fry the capsicum for 1 minute.
8. Add the beef and marinade, and stir-fry for 1 minute. Add the noodles and garlic chives, and stir-fry for about 2 minutes or until the noodles are glossy brown and everything is very hot. Tip in the oyster sauce mixture and mix. Serve at once.

**\*Adult supervision required.**