

Rice Noodles with Beef and Broccoli Recipe

(guy teow pad sei ew)

Ingredients:

300 g boneless sirloin or rump steak, thinly sliced across the grain,
cut in bite-sized pieces
300 g broccoli, cut into small florets
800 g fresh wide rice flour noodles, blanched briefly in boiling water and drained
3 tablespoons vegetable oil
3 cloves garlic, peeled, crushed and minced
2 tablespoons fish sauce
1 tablespoon dark soy sauce
3 tablespoons coarsely crushed dry-roasted peanuts
2 tablespoons dried chili flakes

Marinade:

1 tablespoon cornflour
1 egg, lightly beaten
1 clove garlic, peeled, crushed and minced
1 tablespoon Chinese rice wine (preferably Shao Hsing)
1 tablespoon fish sauce
1 tablespoon oyster sauce
1 tablespoon sugar
1 teaspoon sesame oil
½ teaspoon white pepper

Method:

Put the beef in a bowl and prepare the Marinade. Sprinkle the beef with cornflour and toss to coat, then add all other marinade ingredients, mixing well. Marinate for 10 minutes. Heat the oil in a wok and stir-fry the garlic for 5 seconds. Add the beef and its marinade and stir-fry over high heat until the meat starts to change color, about 1 minute. Add the broccoli and stir-fry for 1 minute, then put in the water and continue stir-fry until broccoli is just cooked, about 2 minutes. The broccoli must be cut into very small pieces so it will cook quickly. Splash in the fish sauce and soy sauce, then add the noodles, stir-fry for about 1 minute to mix well and heat through. Transfer to a serving dish and sprinkle with peanuts. Serve hot with dried crushed chili served separately for adding to taste.

Note: If fresh noodles are not available, use 400 g dried wide rice-flour noodles or regular rice stick noodles, soaked in hot water to soften, then simmered until cooked.