

# Low FODMAP Stir-fried Beef with Oyster Sauce & Rice Noodles

Serves: 2

Prep: 20 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
Lean beef	200 g	7.1 oz
1 tbsp oyster sauce	20 g	0.7 oz
1 tbsp sesame oil	20 g	0.7 oz
1 tbsp soy sauce	20 g	0.7 oz
2 tbsp peanut oil	40 g	1.4 oz
4 spring onions, green tops only, chopped	20 g	0.7 oz
1 carrot, cut lengthways and cut into strips	75 g	2.6 oz
oyster mushrooms, roughly chopped	200 g	7 oz
½ green capsicum, deseeded and cut into strips	150 g	5.3 oz
Rice noodles	125 g	4.4 oz
1 low FODMAP stock cube	5 g	0.2 oz
2 cups baby spinach leaves OR 1 small bunch of baby bok choy	100 g	3.5 oz
½ bunch coriander, washed and chopped	8 g	0.3 oz
Salt and pepper, to season		

## Method

1. Cut the beef into thick slices cutting against the grain. Place in a bowl and add in the oyster sauce, sesame oil and soy sauce and mix. Leave for 15 minutes.
2. Heat the peanut oil in a wok or large frying pan over a high heat.
3. Drain the beef from the marinade and reserve leftover marinade. When the oil is just starting to smoke, add the beef to the pan and stir fry for 2 minutes. Remove and set aside.
4. Wipe the pan with paper towel. Reheat the wok on a high heat and add in a little oil. Quickly add the spring onions, carrot and mushrooms, and stir fry for 3 to 4 minutes.
5. Add in the capsicum, rice noodles and ¼ cup of water with a crushed stock cube and the reserved marinade. Cover for 2 to 3 minutes.
6. Remove the lid and add back in the beef to finish cooking for a further 3 to 4 minutes. Add the baby spinach and coriander and mix through.
7. Season with salt and pepper and serve.

Nutrition Information (per serve)	
<b>Energy</b>	3143 Kj / 751 cal
<b>Protein</b>	35.30g
<b>Carbohydrates</b>	71.30g
<b>Sugar</b>	6.20g
<b>Total Fat</b>	33.30g
<b>Saturated Fat</b>	6.70g
<b>Fibre</b>	7.20g