

# *Artichoke, Beef & Shitake Mushroom Noodles*



*R & J Mazza*  
GLOBE ARTICHOKES

## **Ingredients**

150g Bean vermicelli, (Cellophane/glass noodles)  
2 tablespoons peanut oil,  
250g beef fillet steak, thinly sliced  
150g artichoke hearts, sliced,  
½ large capsicum, quartered and sliced,  
2 cloves garlic, finely chopped,  
150g shitake mushrooms, thinly sliced,  
1 teaspoon ginger, grated,  
Salt and pepper, to taste,

1 tablespoon soy sauce,  
2 tablespoons oyster sauce,  
1 tablespoon sesame oil,



## **How to Prepare**

Mix soy sauce, oyster sauce and sesame oil in a bowl, put aside.

Place noodles in a bowl and cover with cold water. Soak for 15 minutes, or until noodles are transparent. Drain and cut into shorter lengths.

Heat pan and add 1 tablespoon oil and fry beef for 1 minute or until sealed. Remove from pan and keep warm.

Add artichokes, capsicum and shitake mushrooms and sauté until cooked. Remove from pan and keep warm.

Add 1 tablespoon of peanut oil to pan, add garlic and grater ginger. Sauté until cooked.

Add beef and vegetables, heat through.

Add sauces and sesame oil mix and cook for a further 1 minute. Add noodles and stir to mix well.

**Serves 4**

