

Rea Valley

discover the taste!



BATONS OF OX TONGUE NOODLE STIR-FRY

Using batons of Ox Tongue and stir-frying with noodles, tenderstem broccoli, edamame beans, asparagus, lemon and black sesame

Method - Serves 4

1. Cook the noodles according to the packet instructions, then drain.
2. Heat the vegetable oil in a large wok or frying pan. Add the garlic, ginger, lemon zest, crushed chilli flakes (if using), spring onions and stir-fry for 1-2 minutes, then stir in the sesame seeds.
3. Add the broccoli and stir-fry for 2 minutes, then add the asparagus, mange tout (or sugar snaps), and the ox tongue. Once the vegetables are nearly tender, stir in the lemon juice, season and stir in the noodles, edamame, bean sprouts and sesame oil.
4. Stir-fry until everything is hot and serve sprinkled with the chopped coriander.

Ingredients

250g soba or egg noodles
2 tbsp vegetable oil
2 garlic cloves, finely sliced
5cm piece fresh ginger, finely grated
Finely grated zest and juice of 1 lemon
1-2 tsp crushed chilli flakes, optional
6 spring onions, chopped
2 tbsp black sesame seeds
300g tenderstem broccoli, cut lengthwise & stems chopped
200g asparagus, trimmed and cut into 7cm lengths
200g mange tout or sugar snaps, cut in half lengthwise
200g podded edamame beans
400g Rea Valley ox tongue, cut into 5cm x 1cm batons
100g bean sprouts
2 tbsp sesame oil
Small bunch fresh coriander, chopped
Salt and freshly ground black pepper