

Chinese stirfry



So the other day Roo Boy was craving Chinese food so I made him this delicious and healthy Chinese stirfry to keep us both happy!

So how do you go about making this scrumptious chinese stirfry I hear you ask, well let me tell you! Chinese stirfry is quick, easy, cheap to make and doesn't have to be greasy!

Chop 1 sirloin steak per person and cook in a wok until browned evenly

Meanwhile boil some water and add 1 nest of wholemeal noodles per person and cool for 4 minutes

Add 2tbsp of Worcestershire sauce, 2tbsp of Chinese wine and 3tbsp soy sauce to the beef and stir and simmer

Drain the noodles and add to the beef mixture

Then add frozen peas and simmer until the peas are cooked.

Serve in bowls and sprinkle some fresh coriander over the top for extra flavour

Make this chinese stirfry recipe completely paleo by using courgetti instead of noodles ☐

Love Roo xx

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