

Beef & Vegetable Stir Fry

Sommelier's accord



The slightly spicy, red berry aspect of a red Coteaux de Tannay is terrific with lightly marinated, grilled meat. In other words, it will pair wonderfully with an Asian-style beef and vegetable stir fry!

Serve between 10 and 12°C



PREPARATION TIME

30 minutes

PORTIONS

6 persons

INGREDIENTS

Beef marinade ingredients:

- 600 g tender beef (rump steak or fillet)
- 4 tbsp teriyaki sauce
- 2 tbsp soy sauce
- Juice from ½ lime
- 1 tsp sesame oil
- Black pepper and chilli pepper (optional)

Stir fry ingredients:

- 400 g soba (buckwheat noodles, can be replaced with the Asian noodles of your choice)
- 1 courgette
- 2 carrots
- 1 broccoli
- 2 yellow or red peppers
- 2 tbsp oil (olive or sesame)
- Fine salt, pepper and sesame seeds

Garnish (optional): A few coriander or basil leaves and sesame seeds

PREPARATION

1) Prepare the marinade the day before: Mix all the marinade ingredients together (except the beef). Place the beef in a soup plate and cover it with the marinade. Stretch some cling film over the top and refrigerate for at least 2 hours.

2) Cook the noodles: Cook the noodles in salted, boiling water, following the directions on the noodle packet, and then set aside.

3) Prepare the vegetables:

- Wash the vegetables.
- Cut the courgettes in half lengthwise and then into slices 2-3 mm thick.
- Cut the sweet peppers in half, core them and slice them into thin strips.
- Chop the stem off the broccoli and cook the crowns in salted, boiling water for 5 minutes.
- Peel the carrots and cut them into slices or sticks.

Heat the wok and add 2 tbsp of olive or sesame oil. Add the vegetables and cook over high heat for 5-6 minutes, stirring frequently. Make sure the vegetables stay crunchy. Season with soy sauce and black pepper, then add the noodles.

4) Cook the meat: In a very hot, ungreased pan, cook the beef for 2-3 minutes per side. Cut it into strips.

5) Presentation:

Pour the vegetables and noodles into bowls. Add some nice slices of beef on top. Sprinkle with sesame seeds and garnish with coriander or basil leaves.

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