



Food image courtesy of averagebetty.com

Ingredients

- 4 cups water
- 1 packet of noodles (any flavor)
- 2 teaspoons cooking oil
- ¼ kg beef steak, cut into thin bite-size strips
- 1 teaspoon grated fresh ginger
- 2 cloves garlic, minced
- 1 cup beef stock
- 2 tablespoons soy sauce
- 2 cups fresh spinach roughly chopped
- 1 cup shredded carrots
- ¼ cup fresh cilantro (dhania), chopped



Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. In a large saucepan bring the water to boiling over high heat (by fully opening the *SuperSaver* air regulator). Drop noodles into the boiling water. Boil for 2 to 3 minutes or just until noodles are tender but firm, stirring occasionally. Drain noodles; set aside.
3. Meanwhile, in an extra-large skillet heat oil over medium-high heat (by slightly closing the *SuperSaver* air regulator). Add beef, ginger and garlic; cook and stir for 2 to 3 minutes or until beef is desired doneness. Carefully stir beef stock and soy sauce into skillet. Bring to a boil (by fully opening the *SuperSaver* air regulator).
4. Reduce heat (by slightly closing the *SuperSaver* air regulator) and add spinach, carrots, dhania and cooked noodles to skillet; stir to combine. Heat through for about 5 minutes.
5. Serve to your family and see them enjoy and want more!

Call for Free to Buy. Phone: 0800 722 700

For more Recipes and Tips: [f Envirofit Kenya](#) & Website: <http://envirofit.org/superchef/>