**Beef and Noodles with Chile Jam**

Serves 4

Preparation time 10 minutes  Cooking time: 15 minutes

2 tablespoons peanut oil  
½ cup cashew nuts  
1 Lb 2 oz beef rump steak, thinly sliced  
7 oz Thai Chile jam (suggestion: Thai Chile sauce)  
24 green beans, trimmed and cut into 1 ¼ inch pieces  
12-baby corn, halved  
½ cup chopped cilantro leaves  
1 package (1 lb 2 oz) fresh Asian noodles, such as Hokkien (egg) noodles

1. Heat 1 teaspoon of the oil in a wok or frying pan over medium heat. Stir-fry the cashews for 1-2 minutes, or until brown. Remove and set aside.

2. Heat the remaining oil in the wok. Stir-fry the beef, in batches, for about 3 minutes each batch, or until brown.

3. Return all the beef to the wok, then add the Chile jam (sauce), beans, corn, and 1/4 cup of water. Stir-fry for 4 minutes, or until the vegetables are tender.

4. Stir in the cilantro and cashew nuts.

5. Add the noodles to the wok and stir to combine. Heat through and serve.

**GI: LOW**

**Per serving:** 684 Cal, 32g fat (saturated 9 g), 37g protein, 61g carbohydrate, 7g fiber, 390 mg sodium