

“The Low GI Diet Cookbook”, by Dr. Jennie Brand-Miller, Kaye Foster-Powell, and Joanna McMillan-Price

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