Main dishes / England

egg noodles with beef strips and Brussels sprouts · England

A modern England-inspired noodle or pasta dish with Brussels sprouts and beef strips.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g egg noodles
- ☐ 500 g Brussels sprouts
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g beef strips
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the egg noodles according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the Brussels sprouts and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the beef strips thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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