

# honey Soy Beef NooDles

A family favourite! Tender beef noodles tossed with colourful capsicum and a glossy honey soy sauce – quick, tasty and sure to please.







# FROM YOUR BOX

SHALLOT	1
GARLIC CLOVE	1
RED CAPSICUM	1
GREEN CAPSICUM	1
BEEF STIR-FRY STRIPS	300g
EGG NOODLES	150g
HONEY	1 small jar

# FROM YOUR PANTRY

oil for cooking (sesame or neutral), soy sauce, cornflour (or other)

# cooking tools

saucepan, large frypan or wok

#### Before you start cooking!





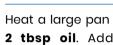


#### 1 PRepare the ingredients

Bring a saucepan of water to a boil.

Peel and slice shallot and garlic, cut capsicums into strips. Pat-dry beef strips and toss with 2-3 tbsp cornflour.

Add other veggies of choice such as carrots, mushrooms or asian greens!



2 cook the Reef

Heat a large pan over high heat. Add 2 tbsp oil. Add beef (cook in 2 batches) and cook until browned. Remove using tongs and allow to drain on paper towel. Keep pan over medium heat.

## 3 cook the Veggies

Add prepared vegetables to the pan and cook for 3-5 minutes (add more oil if needed).

Serve capsicums fresh (or on the side) if the kids prefer!



### 4. cook the NooDLeS

Meanwhile, add noodles to the boiling water and cook according to packet instructions or until al dente. Drain and rinse.



# 5 toss it all together

Stir in 2 tbsp soy sauce, honey and 1-2 tbsp water. Simmers for 2 minutes, then add beef strips and cooked noodles. Toss to coat well and adjust seasoning if needed.

Add a dash of vinegar or sweet cilli sauce for balance.



#### 6. finish and serve

Serve honey soy beef noodles at the table.



Top with nuts, seeds or chilli flakes for extra kick and crunch!