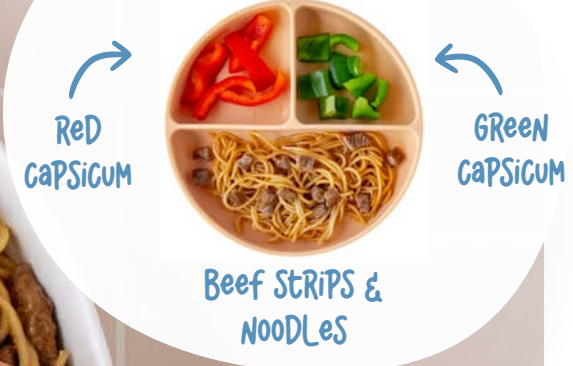




FOR the
Little ONES



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.

 30 Minutes

 2 Servings

 Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	24g	71g

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

This is delicious served over rice instead of noodles if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.



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**.

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



4. COOK the NOODLES

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



2. COOK the Beef

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).

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



5. TOSS it ALL together

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

tip Add a dash of vinegar or sweet chilli sauce for balance.



6. FINISH AND SERVE

Serve **honey soy beef noodles** at the table.

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