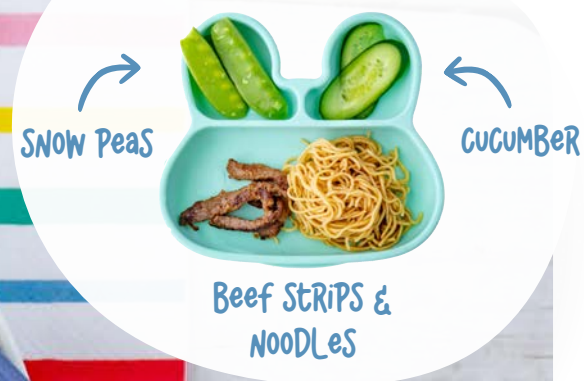


for the
little ones

honey soy Beef NOODLES

A new family favourite guaranteed! Sweet, salty and delicious beef strips served with crunchy snow peas and cucumber.



25 Minutes



2 Servings



Beef

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FROM YOUR BOX

SNOW PEAS	150g
BEEF STIR-FRY STRIPS	300g
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
HONEY	1/4 cup
EGG NOODLES	200g
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

sesame oil (or other), soy sauce, white wine vinegar, flour (plain 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 Beef & SNOW PEAS

Heat a saucepan with water to a boil (for the noodles).

Trim snow peas. Toss beef strips with **2 tsp soy sauce** and set aside.



4. COOK the NOODLES

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



2. COOK the Beef

Heat a large pan over high heat. Add **2 tbsp sesame oil**. Toss beef strips in **1/4 cup flour** and shake off excess. Cook beef, in batches, until golden brown and crispy. Remove using tongs and allow to drain on paper towel. Keep pan over medium heat.



5. TOSS it ALL together

Add beef strips to the sauce along with cooked noodles, snow peas and **1 tsp vinegar**. Toss to coat well.

tip Leave the snow peas fresh and serve on the side with noodles if that works better for your family.



3. Make the Sauce

Slice spring onions and crush garlic, add to pan and cook for 3 minutes (add more oil if needed). Stir in **2 tbsp soy sauce**, honey, **2 tsp vinegar** and **3/4 cup water**. Simmer for 3-4 minutes (see step 5).

tip Reserve some green spring onion tops for garnish!



6. FINISH AND SERVE

Slice cucumber.

Serve honey soy beef noodles at the table topped with cucumber and any reserved spring onion tops.