

for the
little onesBLANCHED
BABY CORNBeef NOODLe
CaBBaGe CuPS

MiSo Beef NOODLeS



30 Minutes



2 SeRVINGs



Beef

A quick and tasty stir-fry with beef mince and veggies in a slurpy miso sauce. A fun way for little chefs to master noodle night!

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FROM YOUR BOX

MISO SAUCE	2 sachets
GARLIC CLOVE	1
EGG NOODLES	150g
SPRING ONIONS	1 bunch
BABY CORN	1 punnet
GREEN CABBAGE	1/4
BEEF MINCE	300g

FROM YOUR PANTRY

oil (sesame or other), salt/soy sauce, pepper, cornflour

COOKING TOOLS

large frypan, saucepan

Add in any favourite veggies like capsicum, mushrooms or broccoli. Want to change it up? Roll the mince into meatballs for a fun twist on stir-fry night!

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 - egg noodles are replaced with bean thread noodles.



1. Make the Sauce

Bring a saucepan of water to a boil.

Meanwhile, stir to combine **miso sauce**, 1/2 tbsp **cornflour**, crushed **garlic clove** and **1/3 cup water**.



2. COOK the NOODLES

Add **noodles** to boiling water and cook for 2 minutes or until al dente. Drain and rinse under cold water.



3. PREPARE the Vegetables

Trim and slice **spring onions**, **baby corn** and **cabbage**.

tip Reserve some green spring onion tops for garnish if you like! You can blanch and serve the baby corn on the side if preferred!



4. COOK the Beef & Veg

Heat a frypan or wok over high heat with **oil**. Add **beef mince** and cook for 5-7 minutes until browned. Add **prepared vegetables** and stir-fry for 3-4 minutes until slightly softened.

tip Want crunchier veggies? Cook for a shorter time.



5. TOSS it ALL together

Pour in the **sauce** to warm through. Rinse the **noodles** in water and add to pan. Toss to combine and warm through then take off heat.



6. FINISH AND SERVE

Adjust seasoning if needed with **pepper** and **soy sauce (or salt)**.

Serve noodle **stir-fry** topped with any reserved **spring onion green tops**.

tip Drizzle with some chilli or sweet chilli sauce if you like! Add some sliced cucumber or carrot sticks for extra crunch for the kids!