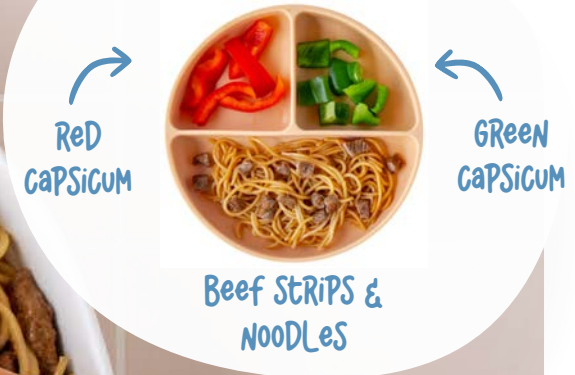




FOR the
Little ONES



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

 4/6 Servings

 Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	25g	73g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	2
GARLIC CLOVES	2	3
RED CAPSICUM	1	2
GREEN CAPSICUM	1	1
BEEF STIR-FRY STRIPS	600g	600g + 300g
EGG NOODLES	300g	2 x 300g
HONEY	1 small jar	2 small jars

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 - egg noodles are replaced with rice noodles.



1. PREPARE the INGREDIENTS

Bring a saucepan of water to a boil.

Peel and slice **red onion** and **garlic**, cut **capsicums** into strips. Pat-dry **beef strips** and toss with **1/3 cup cornflour**.

6P - use 1/2 cup cornflour for the beef.



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 or wok over high heat. Add **2 tbsp oil**. Add **beef** (cook in 2-3 batches) and cook until browned. Remove using tongs and allow to drain on paper towel. Keep pan over medium heat.



5. TOSS it ALL together

Stir in **3-4 tbsp soy sauce**, **honey** and **2-3 tbsp water**. Simmer for 2 minutes, then add **beef strips** and cooked **noodles**. Toss to coat well and adjust seasoning if needed.

6P - stir in 4-5 tbsp soy sauce, honey and 3-4 tbsp water.



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!



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!