



DINNER TWIST
LOCAL, HEALTHY, DELIVERED





Product Spotlight: Spring onions

Did you know you can re-grow spring onions? Slice them, leaving about 1cm of the white end, with roots attached. Stand the bulbs root-end down in a small jar with water, change water at least once a week and watch them grow!

3 Beef Ramen Bowl

Ginger & garlic broth served with noodles, sliced beef steak and fresh crunchy veggies on top. A quick and easy winter warmer.

 20 minutes

 4 servings

 Beef

22 June 2020

FROM YOUR BOX

| | |
|---------------------|--------------|
| SPRING ONIONS | 4 |
| GINGER | 40g |
| CHICKEN STOCK PASTE | 1 jar |
| BEEF RUMP STEAK | 600g |
| NOODLES | 1 packet |
| CORN COB | 1 |
| CARROT | 1 |
| BEAN SHOOTS | 1 bag (250g) |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil (or other), pepper, 2 garlic cloves, soy sauce

KEY UTENSILS

saucepan x 2, frypan

NOTES

Rub steak with 1/2 tbsp soy sauce for extra flavour.

No beef option - beef rump steak is replaced with chicken schnitzels. Increase cooking time to 4-5 minutes or until cooked through.

No gluten option - noodles are replaced with rice noodles.



1. SAUTÉ THE AROMATICS

Bring a saucepan of water to the boil.

Heat a second saucepan with **oil** over medium heat. Slice white parts of spring onions, crush **2 garlic cloves**, quarter ginger. Add to pan as you go.



2. SIMMER THE BROTH

Add **1 tbsp soy sauce**, **1.5L water** and stock paste. Bring to the boil and simmer for 10 minutes.



3. COOK THE STEAK

Heat a frypan over medium-high heat. Rub steak with **oil** (see notes) and **pepper**. Cook for 3 minutes on each side or until cooked to your liking. Set aside to rest.



4. SIMMER THE NOODLES

Add noodles to boiling water and cook for 3-4 minutes or until cooked al dente. Drain and rinse.



5. PREPARE THE GARNISH

Slice green part of remaining spring onions, remove corn from cob and julienne carrot. Arrange on a serving platter with bean shoots.



6. FINISH AND SERVE

Slice beef steak.

Divide noodles between bowls, pour over broth and top with veggies and sliced steak to taste. Season with **pepper**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

