



Product Spotlight:
Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



Chinese Crispy Beef Noodles

Thin egg noodles dressed with sesame oil and lime, topped with beef mince cooked with Chinese five-spice and served with stir-fried garlic vegetables.

 30 minutes

 2 servings

 Beef

24 March 2023

Toss it together!

You can stir-fry the noodles, beef mince and vegetables in one pan if preferred! Pour the sauce over at the end and garnish with fried shallots.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	12g	86g

FROM YOUR BOX

EGG NOODLES	1 packet
GINGER	1 piece
LIME	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
GARLIC CLOVE	1
SHALLOT	1
BEEF MINCE	250g
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, Chinese five-spice

KEY UTENSILS

large frypan or wok, saucepan

NOTES

The Asian greens can be sandy. Trim them and cover with water in a bowl to help remove excess sand.

No gluten option – egg noodles are replaced with rice noodles.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook according to packet instructions or until al dente. Drain and set aside.



2. PREPARE THE SAUCE

Peel and grate ginger. Combine with juice from 1/2 lime, **1 tbsp sesame oil** and **1 tbsp soy sauce**. Set aside.



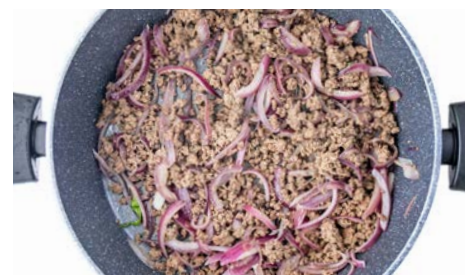
3. PREPARE THE VEGETABLES

Trim and slice Asian greens (see notes). Slice capsicum and cut carrot into crescents. Crush garlic clove.



4. COOK THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **sesame oil**. Add carrot and cook for 2 minutes. Add remaining vegetables and garlic. Cook for a further 2 minutes. Remove to a plate and keep pan on heat.



5. COOK THE BEEF

Slice and add shallot along with beef mince and **1/2 tsp Chinese five-spice**. Cook for 6–8 minutes until crispy. Season with **soy sauce** to taste.



6. FINISH AND SERVE

Toss cooked noodles with prepared sauce. Top with crispy beef and vegetables. Garnish with fried shallots.

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