



Product Spotlight: Free-range Eggs

Did you know you can add crushed eggshells straight to the soil in your garden? While it might not help this season's plants, it will help add calcium directly to the soil as the shells decompose.



Asian Beef Noodle Bowl

with Sunny Eggs

Bouncy egg noodles topped with sweet and savoury beef mince, sunny fried egg, tender greens and finished with a sprinkle of sesame seeds.

Spice it up!

You can serve this dish with extra condiments and garnishes if you like! Sweet chilli sauce, sambal oelek, fried shallots or sliced spring onions work well!



25 minutes



4 servings



Beef

8 September 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	13g	81g

FROM YOUR BOX

EGG NOODLES	300g
ASIAN GREENS	1 bunch
FREE-RANGE EGGS	6-pack
BROWN ONION	1
CARROT	1
BEEF MINCE	500g
TERIYAKI SAUCE	3 sachets
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you have 2 frypans you can start cooking the beef at the same time as the eggs.

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



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse well.



2. SAUTÉ THE GREENS

Halve and rinse Asian greens. Heat a frypan over medium-high heat with **1 tbsp sesame oil**. Cook greens for 2-4 minutes each side until charred and tender. Set aside and keep pan on heat.



3. COOK THE EGGS

Add **1/2 tbsp sesame oil** to pan. Crack eggs into pan and cook to your liking (see notes). Remove eggs to a plate. Keep pan on heat.



4. COOK THE BEEF

Meanwhile, slice onion and julienne (or grate) carrot. Add to pan as you go along with **sesame oil**. Add beef mince and cook for 5 minutes. Stir in teriyaki sauce and cook for a further 5 minutes. Season with **pepper** to taste.



5. FINISH AND SERVE

Divide noodles among bowls. Top with beef mince, fried egg and Asian greens. Garnish with sesame seeds.

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**

