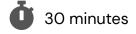


# **Chinese Crispy Beef Noodles**

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.





4 servings



Beef

# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 10g

#### FROM YOUR BOX

EGG NOODLES	1 packet
GINGER	1 piece
LIME	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROTS	2
GARLIC CLOVES	2
RED ONION	1
BEEF MINCE	500g
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.





#### 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, 2 tbsp sesame oil and 2 tbsp soy sauce. Set aside.



#### 3. PREPARE THE VEGETABLES

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



## 4. COOK THE VEGETABLES

Heat a large frypan or wok over mediumhigh 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 onion along with beef mince and 1 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.

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



