



### 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



4 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** 37g **TOTAL FAT** 10g **CARBOHYDRATES** 73g

## 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.



Scan the QR code to submit a Google review!



### 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 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 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](mailto:hello@dinnertwist.com.au)

