



Product Spotlight: Honey

Karibee raw honey is 100% natural and comes straight from beehives located in WA. We love the natural sweetness it brings to this dish.



Honey Soy Beef Meatballs with Noodles

A quick and easy stir-fry noodle dish served with beef meatballs and a garlic honey sauce.

Change the sauce!

You can use hoisin or oyster sauce instead of soy sauce to switch up the flavours! Add a little tomato sauce for further depth of flavour.



20 minutes



4 servings



Beef

FROM YOUR BOX

WHEAT NOODLES	1 packet
HONEY SHOTS	2
GARLIC CLOVE	1
SPRING ONIONS	1 bunch
STIR-FRY VEGETABLE MIX	1 packet
BEEF MINCE	600g

FROM YOUR PANTRY

soy sauce, sesame oil, Chinese five spice, rice wine vinegar

KEY UTENSILS

large frypan or wok, saucepan

NOTES

The noodles are rinsed under cold water to cool them down; this stops them from overcooking as they are tossed in a hot pan in step 5.

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



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until just al-dente. Drain, rinse under cold water and set aside (see notes).



2. PREPARE THE SAUCE

Whisk together with honey, **1 tbsp vinegar**, **2 tbsp soy sauce**, **2 tbsp sesame oil** and crushed garlic clove.



3. COOK THE STIR-FRY

Heat a large frypan or wok over high heat with **sesame oil**. Slice spring onions (reserve green tops for garnish) and add to pan along with stir-fry mix. Cook for 5 minutes until tender. Remove from pan and set aside.



4. COOK THE MEATBALLS

Combine beef mince with **1 tsp Chinese five spice**, **salt and pepper**. Roll into 1 tbsp size balls. Reheat frypan over medium-high heat. Cook meatballs for 6-8 minutes, turning until cooked through.



5. TOSS THE NOODLES

Return vegetables to pan along with cooked noodles and sauce. Toss until well combined. Take off heat.



6. FINISH AND SERVE

Divide noodles among plates and garnish with spring onion tops.



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