



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Broccoli


The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



## C4 Seared Steaks with Hoisin Noodles

Spiced beef steaks, seared in a pan and served alongside a noodle stir fry with garlic veggies and hoisin sauce.

 20 minutes

 4 servings

 Beef

3 June 2022

## Change the Flavours!

*Don't like hoisin sauce? You can use oyster sauce or soy sauce and sweet chilli sauce instead. The steaks can also be seasoned with Chinese five-spice or ground cumin instead of ground coriander.*

## FROM YOUR BOX

WHEAT NOODLES	1 packet
BROWN ONION	1
RED CAPSICUM	1
BROCCOLI	1
CARROT	1
BEEF STEAKS	600g
GARLIC CLOVE	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, hoisin sauce, ground coriander

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use sesame oil to cook this dish for added flavour.

You can also stir any resting juices from the steaks through the noodles for extra flavour.

You can garnish this dish with any chives or coriander you may have from another dish.

**No gluten option – wheat noodles are replaced with rice noodles.** Cook noodles according to packet instructions. Reduce hoisin sauce in step 5 to 3 tbsp, add extra to taste.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and cook according to packet instructions until al dente. Drain and rinse with cold water.



### 2. PREPARE THE VEGETABLES

Slice onion and capsicum. Cut broccoli into small florets and slice carrot into crescents.



### 3. COOK THE STEAK

Heat a frypan over medium-high heat. Coat steak with **1 tbsp ground coriander, oil, salt and pepper** (see notes). Cook steak for 2–4 minutes each side or until cooked to your liking. Set aside to rest and keep pan on heat.



### 4. COOK THE VEGETABLES

Add prepared vegetables to pan along with 1 crushed garlic clove. Cook for 6–8 minutes until tender.



### 5. TOSS THE NOODLES

Add **3–4 tbsp hoisin sauce** and **2 tbsp oil** to pan along with cooked noodles. Toss until coated. Take off heat and season with **salt and pepper** to taste (see notes).



### 6. FINISH AND SERVE

Slice steaks and divide among plates with stir-fry noodles (see notes).

**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)

