

**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



2 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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	20g	67g

FROM YOUR BOX

EGG NOODLES	1 packet
GINGER	1 piece
LIME	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
GARLIC CLOVE	1
SHALLOT	1
BEEF MINCE	300g
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.



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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**, 1 **tbsp** **sesame oil** and 1 **tbsp** **soy sauce**. Set aside.



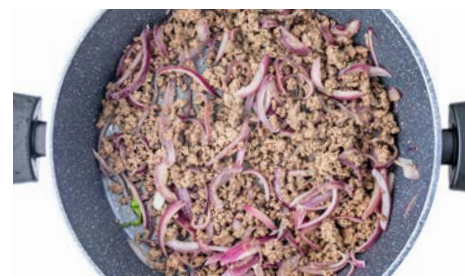
3. PREPARE THE VEGETABLES

Trim and slice **Asian greens** (see notes). Slice **capsicum** and cut **carrot** into crescents. Crush **garlic clove**.



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 **shallot** along with **beef mince** and 1/2 **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**.

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