



Product Spotlight: Carrot

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



Teriyaki Beef Noodle Stir Fry

Hearty beef steaks, sliced and served over a super quick and easy veggie-packed teriyaki noodle stir fry.

Separate it!

Separating foods can make them easier for some kids to contemplate and eventually come to love! Cook Asian greens and serve separated on a plate with fresh carrot sticks, tossed noodles and sliced steak. For extra veg, add capsicum, snow peas or cucumber.



30 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	10g	59g

FROM YOUR BOX

WHEAT NOODLES	1 packet
CARROT	1
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
BEEF STEAKS	300g
TERIYAKI SAUCE	2 sachets

FROM YOUR PANTRY

sesame oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Season the stir-fried noodles to taste . You can use salt, soy sauce, tamari, ground pepper, white pepper, ground chilli powder, sesame oil or rice wine vinegar.

Feeling adventurous? Add extra toppings such as a fried egg, toasted sesame seeds, peanuts, edamame beans, thinly sliced chilli or your favourite chilli oil, or a Japanese seasoning mix such as furikake or togarashi.

No gluten option – noodles are replaced with rice noodles. Cook according to packet instructions or until al dente.



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1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE INGREDIENTS

Crescent **carrot**, thinly slice **Asian greens** (use to taste) and **spring onions** (reserve thinly sliced green tops for garnish). Crush **garlic**.



3. COOK THE STEAKS

Heat a large frypan over medium-high heat with **sesame oil**. Season **steaks** with **salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked to your liking. Remove **steaks** to rest and keep pan over heat for step 4.



4. STIR FRY THE VEGETABLES

Add **spring onions**, **carrots** and **garlic** to frypan (add extra **sesame oil** if necessary) and stir fry for 3 minutes. Add **Asian greens** and cook for further 1 minute.



5. TOSS THE NOODLES

Add **noodles**, **teriyaki sauce** and any **resting juices** from **steak** to the **veggies**. Toss and cook for 1-2 minutes to warm **sauce**. Season with **salt and pepper** (see notes).



6. FINISH AND SERVE

Slice **steaks**.

Divide **noodles** among bowls. Top with sliced **steak** and garnish with **spring onion green tops** (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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

