



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.



25 minutes



4 servings



Beef

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	11g	89g

FROM YOUR BOX

EGG NOODLES	2 packets
CARROTS	2
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
GARLIC	3 cloves
BEEF STEAKS	600g
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 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. Spoon any sauce from the pan over the noodles. Add 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

