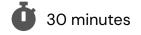






# Teriyaki Beef Noodle Stir Fry

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





4 servings



Separating foods can make them easier for some kids to contemplate and eventually come to love! Cook Asian greens and serve separate 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

25g

83g

#### 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.





#### 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. 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 0481 072 599 or send an email to hello@dinnertwist.com.au



