



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.



Separate it!

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.

Teriyaki Beef Noodle Stir Fry

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



30 minutes



4/6 servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	12g	31g/63g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHEAT NOODLES	1 packet	2 packets
CARROTS	2	3
ASIAN GREENS	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches
GARLIC CLOVES	3	4
BEEF STEAKS	600g	600g + 300g
TERIYAKI SAUCE	2 sachets	4 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. 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**

