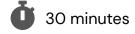




Sesame Beef with Stir-Fry Noodles

This colourful dish is not only full of crunchy stir-fried veggies, but also boasts tender 100% free-range WA-raised beef and tender rice noodles.





2 servings



Bulk it up

If you're feeling extra hungry, you can scramble a few eggs and add to the stir-fry for a boost of filling protein.

FROM YOUR BOX

RICE NOODLES	200g
SESAME SEEDS	1 packet (30g)
BEEF SCALLOPINI	300g
RED ONION	1/2 *
CARROT	1
CELERY STICK	1
SNOW PEAS	1 bag (150g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (optional, see notes), pepper, soy sauce, sweet chilli sauce, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

If not using sesame oil, use any mild-flavoured oil.

For extra flavour, add 1/2 tsp of grated fresh ginger or 1/3 tsp dried ginger to the marinade.

No beef option - beef scallopini are replaced with chicken schnitzels. Cook over mediumhigh heat for 4-5 minutes on each side or until cooked through.



1. COOK THE NOODLES

Bring a saucepan with water to boil. Add noodles and simmer for 2-3 minutes or until al dente. Drain and rinse in cold water.



2. MARINATE THE BEEF

Crush garlic and place into a bowl with sesame seeds, 1 tbsp sesame oil, 1 1/2 tbsp soy sauce and 1 tbsp sweet chilli sauce (see notes). Spoon 1 tbsp over the beef and leave to the side.



3. PREPARE THE VEGETABLES

Slice red onion, carrot, celery and snow peas.



4. COOK THE BEEF

Heat a large frypan over <u>high</u> heat. Cook scallopini for 1 minute on each side or until browned and cooked to your liking. Take off heat. Remove to a plate to keep warm. Keep pan.



5. STIR-FRY THE NOODLES

Re-heat pan with **oil**, add the vegetables and stir-fry for 3-4 minutes. Add noodles with remaining marinade and mix well. Season to taste with **pepper and extra soy sauce**.



6. FINISH AND PLATE

Serve noodles with scallopini on the side.

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