



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sesame seeds

Sesame seeds are a powerhouse of nutrition and have many health benefits. For example, they may improve blood pressure, support healthy bones and reduce inflammation.



3 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.

 30 minutes

 4 servings

 Beef

22 March 2021

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	375g
SESAME SEEDS	1 packet (30g)
BEEF SCALLOPINI	600g
RED ONION	1
CARROT	1
CELERY STICKS	2
GREEN CAPSICUM	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, 2 garlic cloves

KEY UTENSILS

large frypan, saucepan

NOTES

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

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

No beef option - beef scallopini are replaced with chicken schnitzels. Cook over medium-high 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, **2 tbsp sesame oil**, **3 tbsp soy sauce** and **2 tbsp sweet chilli sauce** (see notes). Spoon 2 tbsp over the beef and leave to the side.



3. PREPARE THE VEGETABLES

Slice red onion, carrot, celery, capsicum and snow peas.



4. COOK THE BEEF

Heat a large frypan over **high** 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.

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**

