



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



G2 Ginger Sesame Noodles with Beef Steaks

Warming ginger and hoisin sauce tossed through stir-fired veg and noodles served with beef steaks cooked in nutty sesame oil.

 20 minutes

 2 servings

 Beef

15 July 2022

Spice it up!

Add some crushed garlic, finely chopped red chilli, finely ground Szechuan pepper or dried chilli flakes to the sauce. Substitute hoisin sauce with soy sauce or tamari if desired.

Per serve: **PROTEIN** 47g **TOTAL FAT** 16g **CARBOHYDRATES** 98g

FROM YOUR BOX

RICE NOODLES	1 packet
GINGER	1 piece
BEEF STEAKS	300g
SPRING ONIONS	4
MUSHROOMS	1 bag (150g)
RED CAPSICUM	1
ASIAN GREENS	1 bunch

FROM YOUR PANTRY

sesame oil, hoisin sauce (see notes), salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have any hoisin sauce, you can use either 2 tbsp teriyaki sauce or 1 tbsp barbecue sauce and 1 tbsp soy sauce or 1 tbsp sweet chilli sauce and 1 tbsp soy sauce.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2–4 minutes until noodles are tender. Drain and rinse in cold water.



2. MAKE THE SAUCE

Peel and grate ginger. Add to a bowl along with **2 tbsp sesame oil**, **2 tbsp water**, **2 tbsp hoisin sauce** and **pepper**. Stir to combine.



3. COOK THE BEEF STEAKS

Heat a large frypan over medium–high heat. Coat steaks with **sesame oil**, **salt** and **pepper**. Cook for 2–4 minutes each side or until cooked to your liking. Set aside to rest and keep pan over heat.



4. STIR-FRY THE VEGGIES

Slice spring onions into 4cm pieces. Slice mushrooms. Add to pan and cook for 3 minutes. Thinly slice capsicum and Asian greens. Add to pan and stir-fry for a further 4–6 minutes until veggies are tender.



5. TOSS THE NOODLES

Add noodles and 1/2 prepared sauce to the stir-fried veggies. Toss until well combined and cook for a further 2 minutes.



6. FINISH AND SERVE

Slice steaks and divide among plates with stir-fry noodles and remaining sauce.

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

