



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Broccoli

Broccoli has long been known as one of the healthiest veggies because of its nutritional makeup. This superfood is loaded with fibre, antioxidants and vitamin C, which aid in iron absorption!



G4 Mongolian Beef with Konjac Noodles

This Mongolian beef is a quick one-pan wonder! Grass-fed steaks served with konjac noodles and veggies tossed in a ground pepper, savoury sauce.

 20 minutes

 4 servings

 Beef

22 April 2022

Saucy!

If you want to add extra flavour to your sauce try adding some grated ginger. Alternatively, switch the soy sauce for hoisin sauce or oyster sauce.

Per serve: **PROTEIN** 39g **TOTAL FAT** 8g **CARBOHYDRATES** 25g

FROM YOUR BOX

BEEF STEAKS	600g
GARLIC CLOVES	2
SPRING ONIONS	4
RED CAPSICUM	1
BROCCOLI	1
KONJAC NOODLES	2 packets

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), honey, cornflour

KEY UTENSILS

large frypan, kettle

NOTES

Add extra oil to the pan if needed.

If you're cooking for kids you can reduce the amount of pepper to their tastebuds. Alternatively, use ground white pepper if you want to hide it from the eyes of fussy eaters.

Slice the steaks and toss through the vegetables and sauce if desired.



1. COOK THE STEAKS

Boil the kettle.

Heat a large frypan over medium-high heat. Coat steaks in **oil** and **pepper**. Add to pan and cook for 2-4 minutes each side, or until cooked to your liking. Remove steaks to a plate and keep pan over heat.



2. COOK THE VEGETABLES

Crush garlic cloves and thinly slice spring onions (reserve some green tops for garnish). Add to frypan (see notes) and cook, stirring, for 1 minute. Slice capsicum and cut broccoli into florets. Add to pan as you go and cook for 4-6 minutes until vegetables are tender.



3. MAKE THE SAUCE

Reduce heat to low. Pour in **2 tbsp soy sauce**, **1 tbsp honey**, **1/2 cup water**, **1 tbsp cornflour** and **1 tsp ground pepper** (see notes) into pan. Stir for 1-2 minutes until sauce thickens. Remove from heat. Season with **soy sauce** if desired.



4. WARM THE NOODLES

Drain noodles and add to a large bowl. Pour **hot water** over noodles and drain again.



5. TOSS THE NOODLES

Pour any resting juices from the steaks into the frypan. Toss noodles through the vegetables and sauce to coat well (see notes).



6. FINISH AND SERVE

Slice steaks.

Divide noodles among bowls. Top with slices of steaks. Garnish with reserved spring onion green tops.

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

