



### Product Spotlight: Pic's Peanut Butter

Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our homemade satay sauce!



# Peanut Satay Beef

## with Stir-Fried Noodles

Quick, easy and full of flavour! Grass-fed beef steaks served over a luscious green stir-fry, tossed with rice noodles and homemade satay sauce, garnished with fresh chilli.

25 minutes

4 servings

Beef

4 August 2023

## Spice it up!

Spice up your satay sauce by adding a crushed garlic clove, some grated ginger, honey and fish sauce!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 46g     | 26g       | 70g           |

## FROM YOUR BOX

|                              |          |
|------------------------------|----------|
| RICE NOODLES                 | 1 packet |
| PEANUT BUTTER                | 2 slugs  |
| LIME                         | 1        |
| COCONUT MILK                 | 165ml    |
| BEEF STEAKS                  | 600g     |
| SPRING ONIONS                | 1 bunch  |
| KAI LAN                      | 1 bunch  |
| RED CHILLI                   | 1        |
| FRIED SHALLOT AND PEANUT MIX | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Remove seeds from chilli for a milder heat.



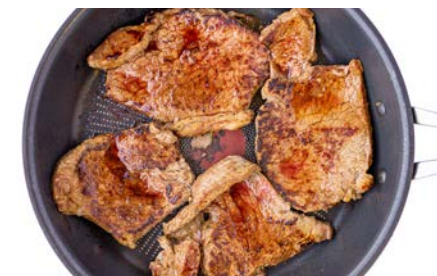
### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 7-9 minutes until noodles are al dente. Drain and rinse well with cold water to stop the cooking process.



### 2. MAKE THE SATAY SAUCE

Add peanut butter, zest from lime, juice from 1/2 lime (wedge remaining), coconut milk, **2 tbsp soy sauce**, **2 tbsp water** and **pepper** to a bowl. Whisk together to make satay sauce.



### 3. COOK THE BEEF STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and reserve frypan for step 4.



### 4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces (save some green tops for garnish). Trim kai lan and cut into thirds. Add spring onions and kai lan stems to reserved frypan. Stir-fry for 2 minutes. Add remaining kai lan and stir-fry for a further minute (see step 5).



### 5. TOSS NOODLES & SAUCE

Add noodles and 1/2 satay sauce to frypan with vegetables. Toss to combine and remove from heat. Season to taste with **soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Slice steaks, chilli (see notes) and reserved spring onion green tops.

Divide stir-fry among plates. Top with slices of steak. Drizzle over remaining satay sauce. Garnish with spring onion green tops, chilli, and fried shallots and peanuts.



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