



Product Spotlight: Bean shoots

Bean shoots give you an easy way to boost the nutrients in your diet with good levels of vitamin C, folate and iron.

Iron is involved in various bodily functions, including the transport of oxygen in the blood and is also vital for brain development!



4 Satay Beef Ramen Noodles

A hot noodle bowl of satay peanut broth, topped with crispy beef mince, bean shoots and sweet corn kernels.

 30 minutes

 2 servings

 Beef

27 July 2020

Spice it up!

Add some garlic, mirin or miso paste to the broth as it cooks if you have some. You could also garnish the noodles with sesame seeds, chopped peanuts or sliced nori sheets!

Per serve: **PROTEIN** 27g **TOTAL FAT** 25g **CARBOHYDRATES** 128g

FROM YOUR BOX

NOODLES	1 packet
GINGER	40g
SPRING ONIONS	1/4 bunch *
PEANUT BUTTER	1 slug
CORN COB	1
RED CAPSICUM	1/2 *
BEAN SHOOTS	1 bag
BEEF MINCE	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, salt and pepper, white wine (or rice wine) vinegar, stock cube (1/2), soy sauce

KEY UTENSILS

frypan, saucepan with lid, saucepan

NOTES

Use a fork to loosen the noodles as they boil.

Use rice wine vinegar if possible for a more authentic flavour.

The bean shoots can be kept fresh if preferred. Or if you prefer a warmer dish you can cook all the toppings in the pan.

No beef option - beef mince is replaced with chicken mince.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and cook for 3-4 minutes until tender (see notes). Drain, rinse and set aside.



2. SIMMER THE BROTH

Peel and grate ginger. Slice spring onions (reserve tops for garnish). Add to a saucepan over medium heat with **1/2 tbsp sesame oil**. Stir in peanut butter and crumble in **1/2 stock cube**. Pour in **3 cups water**, cover and simmer for 10 minutes.



3. PREPARE THE TOPPINGS

Remove corn from cob. Slice capsicum. Set aside with sliced spring onions.



4. MAKE THE DRESSING

Combine **2 tbsp sesame oil**, **2 tbsp vinegar** and **2 tbsp soy sauce** in a bowl. Set aside.



5. COOK THE BEEF

Heat a frypan over medium-high heat. Add the bean shoots and 1 tbsp of dressing. Cook until wilted. Remove from pan and increase heat to high. Add beef mince and 1/2 tbsp dressing. Cook for 8 minutes until crispy. Season with **salt and pepper**.



6. FINISH AND PLATE

Add 1 tbsp dressing to the bottom of each bowl. Ladle even amounts of broth over top. Divide noodles, bean shoots and beef among bowls and garnish with even amounts of toppings. Finish with extra dressing to taste.

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

