




### Product Spotlight: Cabbage

Whole cabbage and cut cabbage that has been wrapped or is in a container can be stored in your fridge for a really, really long time! Leave cabbage unwashed before storing – washing it will just accelerate its decline.




## Korean Spicy Noodles

Thick, chewy udon noodles served in a rich Korean inspired broth, loaded with stir-fried vegetables and topped with seasoned beef mince, sesame seeds and fresh chilli. A bold, deeply flavourful bowl inspired by the best of Korean street food.

 25 minutes

 Beef

 4/6 servings

### Bulk it up!

*Add a soft-boiled or fried egg on top for extra richness. A handful of beansprouts stirred through the broth in the last few minutes of simmering adds great texture and bulk*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	25g	78g/71g

## FROM YOUR BOX

	4 PERSON	6 PERSON
GREEN CABBAGE	1/2	1/2 + 1/4
CARROT	2	3
SPRING ONIONS	1 bunch	2 bunches
GARLIC CLOVE	2	3
BEEF MINCE	600g	600g + 300g
MISO PASTE	2x 50g	3x 50g
KOREAN BBQ SAUCE	2 sachets	3 sachets
UDON NOODLES	3 packets	4 packets
RED CHILLI	1	1
MIXED SESAME SEEDS	1 packet	2 packets

## FROM YOUR PANTRY

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

## KEY UTENSILS

large saucepan, kettle

## NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes.

**No gluten option** - udon noodles are replaced with thin rice vermicelli noodles. Add noodles to boiling water and cook until tender. Drain and rinse with cold water.



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### 1. PREPARE THE INGREDIENTS

Chop **cabbage**, julienne **carrot**, slice **spring onion** (reserve some green tops for garnish) and crush **garlic**.



### 4. SIMMER THE SAUCE

Add **miso paste**, **Korean BBQ sauce**, **1L water** and **2 tbsp butter** to the pan. Simmer for 5 minutes. Season to taste with **soy sauce and pepper** (see notes).

**6P** - add 1.5L water and 3 tbsp butter.



### 2. BROWN THE MINCE

Heat a large saucepan over medium-high heat. Add **mince**, breaking up any lumps. Cook for 5 minutes until **mince** begins to brown. Season with **2 tbsp soy sauce** and **pepper**. Remove to a bowl and keep pan over heat for step 3.

**6P** - season with 3 tbsp soy sauce.



### 5. COOK THE NOODLES

Boil the kettle. Add **noodles** to a large bowl. Cover with **hot water**. Soak for 2 minutes. Drain the **noodles**.



### 3. STIR FRY THE VEGGIES

Add **sesame oil** to the pan. Add **spring onion**, **garlic**, **cabbage** and **carrot**. Stir fry for 5 minutes until **veggies** begin to soften.



### 6. FINISH AND SERVE

Thinly slice **chilli**.

Divide **noodles** among bowls. Ladle in **sauce** and **veggies**. Top with **beef mince** and **sesame seeds**. Garnish with **spring onion green tops** and **chilli**.

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