



Beef Chow Mein

A quick and flavourful beef chow mein featuring tender noodles, vegetables, and beef mince, all tossed in a savoury sauce.



25 minutes



2 servings



Beef

FROM YOUR BOX

WHEAT NOODLES	1 packet
SPRING ONIONS	1 bunch
CARROT	1
BEAN SHOOTS	1 packet
GARLIC CLOVES	2
BEEF MINCE	300g

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or stir-fry sauce of choice, cornflour

NOTES

Rinse the noodles under cold water to loosen if they are stuck together.

You can add a scrambled egg for extra protein. Add sliced capsicum, asian greens or mushrooms to the stir-fry if you would like extra vegetables.

No gluten option – wheat noodles are replaced with rice noodles.

1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until just tender. Drain and rinse under cold water to prevent sticking.

2. PREPARE THE STIR-FRY

Slice **spring onions** (reserve green tops for garnish) and julienne or slice **carrot**. Set aside with **bean shoots**. Finely chop **garlic**.

In a small bowl, combine **3 tbsp soy sauce or stir fry sauce**, **1 tbsp cornflour** and **3 tbsp water** to create a sauce.

TIP *We used 1 1/2 tbsp soy sauce and 1 1/2 tbsp oyster sauce to make the stir-fry sauce.*

3. COOK THE BEEF

Heat a frypan or wok over high heat with **oil**. Add **beef mince** and cook for 5 minutes until sealed. Add prepared vegetables and garlic. Stir-fry for 3–4 minutes until slightly softened. Pour in the sauce and toss to coat.

TIP *Use sesame oil for added flavour. Add a splash of water to the sauce to loosen if preferred.*

4. FINISH AND SERVE

Add cooked noodles to the pan and toss everything together for 1–2 minutes until well combined and heated through (see notes). Divide among bowls and garnish with spring onion tops.

TIP *Serve with a drizzle of chilli oil or a squeeze of lime. Garnish with toasted sesame seeds.*

This recipe has simplified instructions to help lower your meal cost.