



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



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
WHEAT NOODLES	1 packet	2 packets
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	3
BEAN SHOOTS	1 packet	1 packet
GARLIC CLOVES	2	3
BEEF MINCE	600g	600g + 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.

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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 **carrots**. 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.

6P – in a small bowl, combine 4 tbsp soy sauce or stir fry sauce, 2 tbsp cornflour and 4 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.