



### Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed a superfood.


Vitamin K is by far the most prominent nutrient, which can help build strong bones and assist with blood clotting.



## 4 Beef Strip and Mushroom Noodle Bowl

A quick and easy weeknight dinner of beef strips and mushrooms served with konjac noodles, watercress, avocado and a quick sauce.

 25 minutes

 2 servings

 Beef

17 December 2021

## Bulk it up!

*If you are looking to bulk up this meal you could add some sliced zucchini, peas, broccoli or carrot to the mushrooms when cooking.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 27g **CARBOHYDRATES** 13g

## FROM YOUR BOX

SLICED MUSHROOMS	1 bag (200g)
AVOCADO	1
WATERCRESS	1 bunch
BEEF STRIPS	300g
KONJAC NOODLES	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, sweet chilli sauce, soy sauce (or tamari)

## KEY UTENSILS

frypan, kettle

## NOTES

We used sesame oil for extra flavour.

To cook your beef strips, heat your pan as hot as possible. Add beef without crowding the pan. Cook for 30 seconds to 1 minute on each side so that the beef is browned. Remove from the pan immediately after cooking.

**No beef option** – beef strips are replaced with **chicken breast stir-fry strips**. Cook over medium-high heat for 3-4 minutes or until golden and cooked through.



### 1. COOK THE MUSHROOMS

Boil the kettle (see step 5).

Heat a frypan over medium-high heat with **oil** (see notes). Add mushrooms to pan. Cook for 4-6 minutes until browned. Season with **salt and pepper**. Remove mushrooms and keep pan for step 4.



### 2. MAKE THE SAUCE

Whisk together **1 1/2 tbsp soy sauce, 3 tsp sweet chilli sauce, 1 tbsp water and pepper**.



### 3. PREPARE INGREDIENTS

Thinly slice avocado and trim roots off watercress.



### 4. COOK THE BEEF

Reheat frypan over high heat (see notes). Coat beef in **oil, salt and pepper**. Add beef to pan. Cook for 1-2 minutes then remove from pan.



### 5. COOK THE NOODLES

Drain noodles. Add to a bowl and pour **boiled water** over noodles. Let sit for 1 minute. Drain again.



### 6. FINISH AND SERVE

Divide noodles among bowls. Drizzle over some sauce. Top with beef strips, mushrooms and fresh ingredients. Serve with remaining sauce.

**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**

