



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: GARLIC

Garlic is rich in sulphur which has been shown to provide us with health advantages in a wide variety of body systems. This includes our immune, cardiovascular and digestive systems!



## 4. GARLIC STEAKS

### WITH HOISIN NOODLES

 35 Minutes

 2-3 Servings

Seared garlic beef rump steaks with a side of stir-fry noodles and vegetables tossed with buttery hoisin sauce.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
52g	25g	100g

16 March 2020

## FROM YOUR BOX

RICE NOODLES	1 packet
BUTTON MUSHROOMS	200g
SPRING ONIONS	1/4 bunch *
RED CAPSICUM	1/2 *
GINGER	30g *
BEEF RUMP STEAKS	300g
GARLIC	1 clove
BABY SPINACH	1 bag (60g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil + butter (for cooking), salt, pepper, chilli flakes (optional), hoisin sauce

## KEY UTENSILS

saucepan, frypan

## NOTES

Add the resting juices from the steaks to the noodles for added flavour!

You can use sesame oil to cook the steaks and vegetables for an extra depth of flavour.

**No beef option - beef rump steaks are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE NOODLES

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



### 2. PREPARE THE VEGETABLES

Slice mushrooms, spring onions and capsicum. Peel and grate ginger.



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked to your liking (see notes). Remove to a plate, crush garlic and rub over steaks to coat. Set aside to rest.



### 4. COOK THE VEGETABLES

Add **oil** to frypan over medium-high heat along with prepared vegetables and ginger. Cook for 3-4 minutes until tender.



### 5. TOSS THE NOODLES

Stir in **2 tbsp hoisin sauce, 2 tbsp butter** and **1/4 cup water** until combined. Toss noodles and spinach through. Season to taste with **pepper**.



### 6. FINISH AND PLATE

Slice steaks and divide among plates with noodles. Garnish with **chilli flakes** if using.