

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Lamb Noodle Stir-Fry

Egg noodles tossed in a wok with lamb mince and stir-fry vegetables for a quick and easy dinner!



25 minutes



4 servings



Lamb

FROM YOUR BOX

WHEAT NOODLES	2 packets
BROCCOLI	1
CARROT	1
BROWN ONION	1
LAMB MINCE	500g

FROM YOUR PANTRY

oil for cooking, soy sauce or stir-fry sauce

NOTES

There are many different stir-fry sauces that you can use for this dish! Teriyaki, black bean, or even satay sauce work well. Otherwise a combination of hoisin, oyster or sweet chilli sauce will be delicious.

For sweetness you can add some tomato sauce, honey or sugar. If you want a little bit of acid, try using some rice wine or apple cider vinegar to balance the sauce. You could also use a squeeze of lemon or lime.

No gluten option – wheat noodles are replaced with rice vermicelli noodles. Cook noodles according to packet instructions. Add extra sauce to cover noodles as needed.

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 well with cold water to stop the cooking process.

TIP *Drain the noodles just before they are tender to further prevent them from over cooking in step 3.*

2. COOK THE STIR-FRY

Cut **broccoli** into small florets. Slice **carrot** (into crescents) and **onion**. Heat a frypan or wok over high heat with **oil**. Add **lamb** and cook for 5 minutes until sealed. Add **vegetables** and cook for a further 5 minutes until tender. Season with **salt and pepper**.

TIP *Add some crushed garlic or ground spice for extra flavour. We added 2 tsp ground cumin.*

3. TOSS THE NOODLES

Add cooked **noodles** and **2–3 tbsp soy sauce or stir fry sauce** of choice (see notes). Toss until combined. Season with more sauce to taste if needed.

TIP *We used 3 tbsp oyster sauce to flavour the noodles.*

4. FINISH AND SERVE

Serve **noodles** at the table.

TIP *Garnish noodles with spring onions, fried shallots, chopped peanuts or sesame seeds.*

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