



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Sesame Beef Noodles

A simple and flavour-packed stir-fry with beef mince, cabbage and carrot tossed through rice noodles and topped with sesame seeds.



25 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE NOODLES	1 packet	2 packets
BEEF MINCE	600g	600g + 300g
GREEN CABBAGE	1/4	1/2
CARROT	1	2
GARLIC CLOVES	2	3
MIXED SESAME SEEDS	1 packet	1 packet

FROM YOUR PANTRY

sesame oil, salt and pepper, ground coriander, soy sauce (or tamari)

NOTES

You can substitute ground coriander with ground cumin, Chinese five spice or cumin seeds. For a different flavour you can use oyster sauce, hoisin sauce or fish sauce instead of soy sauce.

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1. COOK THE NOODLES

Bring a saucepan of water to boil. Add **noodles** and cook according to packet instructions. Drain and rinse under cold water to stop the cooking process.

TIP *Toss cooked noodles with a little sesame oil to prevent sticking.*

2. COOK THE BEEF

Heat a large pan or wok over high heat with **1 tbsp sesame oil**. Add **beef mince, 1 tbsp ground coriander, salt and pepper**. Cook for 6–8 minutes until browned and slightly crispy.

6P – add beef mince, 1 1/2 tbsp ground coriander, salt and pepper.

TIP *You can add a pinch of Chinese five spice, cumin seeds or chilli flakes for more flavour. Add some diced onion or spring onion if desired.*

3. COOK THE STIR FRY

Thinly slice **cabbage**, julienne **carrot**, and crush **garlic**. Add to pan as you go and stir-fry for 3–4 minutes until slightly softened. Add cooked noodles, **2 tbsp soy sauce**, and **1 tbsp sesame oil**. Toss well to coat. Season with **pepper**.

6P – add cooked noodles, 3 tbsp soy sauce, and 1 1/2 tbsp sesame oil.

TIP *Add 1–2 tbsp rice wine or apple cider vinegar or a drizzle of honey or sugar to balance the flavours. You can add sliced capsicum, snow peas or asian greens for more bulk.*

4. FINISH AND SERVE

Garnish **noodles** with the **mixed sesame seeds**. Serve hot at the table.

TIP *Garnish with sliced spring onions or chives, chopped coriander or roasted peanuts if you have some.*

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