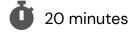


# **Satay Beef Noodles**

Rice noodles served with satay sauce, sliced beef steaks, veggies and topped with crunchy cashew nuts to serve! Quick & easy mid-week dinner!





2 servings



# Spice it up!

Add some sliced fresh chilli to this dish or some chilli / sweet chilli sauce to the satay sauce for an extra boost of spice!

## FROM YOUR BOX

| BEEF STEAKS 🍄   | 300g            |
|-----------------|-----------------|
| BROCCOLINI      | 1 bunch         |
| RICE NOODLES    | 1 packet (200g) |
| SPRING ONIONS   | 2               |
| SATAY SAUCE     | 1 bottle        |
| COCONUT MILK    | 165ml           |
| RED CAPSICUM    | 1/2 *           |
| CASHEW NUTS     | 1 packet (30g)  |
| BEAN SHOOTS     | 1 bag (250g)    |
| FREE-RANGE EGGS | 6-pack          |
|                 |                 |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, soy sauce

#### **KEY UTENSILS**

saucepan, frypan

#### **NOTES**

For a warmer dish, toss together noodles and sauce just prior to serving!

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

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



#### 1. COOK THE BEEF

Bring a saucepan of water to the boil.

Heat a frypan over medium-high heat. Rub beef steaks with oil, add to pan and cook for 2-4 minutes on each side, or until cooked to your liking. Set aside on a chopping board, reserve pan for step 4.



#### 4. MAKE THE SAUCE

Reheat frypan over medium heat. Slice and add spring onions (reserve green tops), cook for 2-3 minutes. Stir in satay sauce, coconut milk and 1/2-1 tbsp soy sauce. Cook until warmed through.



### 2. BLANCH THE BROCCOLINI

Trim broccolini and blanch in boiling water for 2-3 minutes. Remove using a slotted spoon, reserving the boiling water for the noodles.

VEG OPTION - Bring a saucepan of water to a boil, follow instructions above.



#### 3. COOK THE NOODLES

Add noodles to boiling water and cook for 2-3 minutes or until tender. Drain and rinse to prevent noodles from sticking together.



# **5. PREPARE THE VEGGIES**

Slice reserved spring onion tops, capsicum and broccolini.

VEG OPTION - Prepare as above, adding bean shoots.

Fry or scramble the eggs to your liking.



#### 6. FINISH AND SERVE

Slice beef steaks.

Serve noodles (give them an extra rinse if needed!) topped with satay sauce, sliced beef, veggies and cashew nuts (see notes).

VEG OPTION - Serve noodles (give them an extra rinse if needed!) topped with satay sauce, fried eggs, veggies, bean shoots and cashews.

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



