



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sesame Seeds


These little white seeds add flavour to salads, noodles, stir-fries and baked goods. Toast in a dry frypan to bring out their subtle nutty flavour.



## 2 Mongolian Beef Noodles

Tender beef strips, Asian greens and mushrooms cooked in a Mongolian style sauce, tossed with noodles and finished with a sprinkle of sesame seeds.

 20 minutes

 2 servings




 Beef

8 October 2021

### Spice it up!

*You can toast the sesame seeds for the garnish if preferred! Other great toppings you can add are sliced spring onions or chives, fried shallots, or sliced chilli for a little heat!*

## FROM YOUR BOX

WHEAT NOODLES	1 packet
GINGER	1 piece
BALSAMIC GLAZE	1 tbsp *
BEEF STIR-FRY STRIPS 	300g
RED ONION	1/2 *
ASIAN GREENS	2 bulbs
CARROT	1
ENOKI MUSHROOMS	1 packet (200g)
SESAME SEEDS	1 packet (20g)
 FREE RANGE EGGS	4
 BEAN SHOOTS	1 bag (250g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, soy sauce, salt, pepper, corn flour

## KEY UTENSILS


large frypan or wok, saucepan

## NOTES

You can use sesame oil to cook the vegetables for extra flavour.

**No beef option - beef stir fry strips are replaced with chicken strips.** Increase cooking time to 4-5 minutes or until cooked through.

**No gluten option - noodles are replaced with gluten free noodles.**

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



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Cook noodles according to packet instructions or until al dente. Drain and rinse in cold water.




### 2. PREPARE THE SAUCE

Peel and grate ginger to yield 1/2 tbsp. Combine in a bowl with 1 tbsp balsamic glaze, 1/2 tbsp corn flour, 2 tbsp soy sauce and 1/4 cup water. Set aside.



### 3. COOK THE BEEF

Heat a frypan or wok over high heat. Coat beef with **oil, salt and pepper**. Cook for 1-2 minutes until browned. Remove from pan and reduce heat to medium-high.

 **VEG OPTION - Heat a frypan over medium-high heat with oil. Crack in eggs and cook to your liking. Remove from pan and set aside.**




### 4. COOK THE VEGETABLES

Slice and add onion to pan with **oil** and cook for 5 minutes until softened (see notes). Slice Asian greens, julienne or ribbon carrot, trim and separate enoki mushrooms. Add to pan and cook until tender.



### 5. TOSS THE NOODLES


Add sauce to pan and simmer for 2-3 minutes until thickened. Take off heat, toss through noodles and beef until combined. Season with **soy sauce** and **pepper** to taste.

 **VEG OPTION - Add sauce and simmer as above. Take off heat, toss through noodles and 1/2 bag of bean shoots.**



### 6. FINISH AND SERVE

Divide beef noodles among bowls and garnish with sesame seeds.

 **VEG OPTION - Divide Mongolian veggie noodles among bowls, top with eggs and garnish with sesame seeds and remaining bean shoots.**

**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**

