



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**

