DINNER TWIST
LOCAL, HEALTHY, DELIVERED
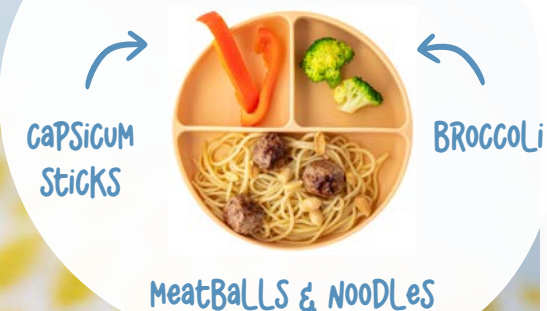
FOR the little ones

CapSicum SticKs → ← BROCCOLi

MeatBaLLS & NOODLeS

hoiSiN Beef NOODLeS

Beef mince and noodles tossed in a hoisin stir-fry sauce and served with a side of broccoli and capsicum.

🕐 25 Minutes   🍴 4 ServingS   🫘 Beef

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FROM YOUR BOX

BROCCOLI	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GARLIC CLOVE	2
HOISIN SAUCE	100ml
RAMEN NOODLES	1 packet (270g)
BEEF MINCE	600g
PEANUTS	60g

FROM YOUR PANTRY

oil for cooking, cornflour, soy sauce

COOKING TOOLS

saucepan, large frypan

Make meatballs and serve on top over noodles stir-fry.

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.

1. PREPARE THE VEGETABLES

Bring a large saucepan of water to the boil.

Cut broccoli into florets, slice spring onions and capsicum. Keep separate.

2. MAKE THE SAUCE

Whisk to combine crushed garlic with hoisin sauce, **1/2 cup water, 1/2 tbsp cornflour and 1 tbsp soy sauce**.

3. BLANCH THE BROCCOLI

Add the broccoli into the boiling water and blanch for 3-4 minutes. Remove to a serving bowl using a slotted spoon, reserve boiling water.

tip *You can add the broccoli into the stir-fry instead if you like.*

4. COOK THE NOODLES

Add the noodles to the boiling water and cook according to the packet instructions. Drain and rinse in water.

5. COOK BEEF & ADD SAUCE

Heat a large frypan with **oil** over medium-high heat. Add beef mince and cook for 5-6 minutes. Stir in spring onions and sauce, cook for further 2 minutes or until thickened. Toss in noodles.

6. FINISH AND SERVE

Serve hoisin beef noodles at the table with a side of broccoli and capsicum. Scatter with peanuts to taste.