

FOR the  
Little ONES

# teRiyaki NOODLES

Beef mince cooked in teriyaki sauce and served over chewy udon noodles with crunchy vegetables.

 20 MiNutes

 4 SeRVINGS

 Beef

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## FROM YOUR BOX

|                   |           |
|-------------------|-----------|
| BEEF MINCE        | 600g      |
| SPRING ONIONS     | 1 bunch   |
| TERIYAKI SAUCE    | 250ml     |
| CARROTS           | 2         |
| RED CAPSICUM      | 1         |
| LEBANESE CUCUMBER | 1         |
| UDON NOODLES      | 3 packets |
| SESAME SEEDS      | 1 packet  |

## FROM YOUR PANTRY

oil for cooking

## COOKING TOOLS

large frypan, kettle

### Switch it up!

Make meatballs and cook them in the teriyaki sauce to serve over the noodles! Stir-fry carrot, spring onion and capsicum for a warm side.

### 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** - udon noodles are replaced with rice noodles. Cook according to packet instructions or until cooked al dente.



### 1. COOK the Beef

Heat a large frypan with a little **oil** over medium-high heat. Add beef mince and cook for 5 minutes, using a spatula to break up any lumps in the mince.



### 2. ADD the SPRING ONIONS

Slice and add spring onions to pan. Reserve some green tops for garnish (optional). Cook for further a 3-4 minutes or until softened.



### 3. STIR in the Sauce

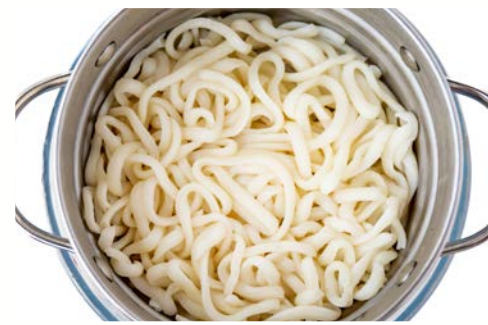
Stir in teriyaki sauce and cook for a further 2 minutes. Take off heat.

**tip** Use sauce to taste, or serve on the side if preferred.



### 4. PREPARE the VEGGIES

Julienne or grate carrots, slice capsicum and cucumber.



### 5. COOK the NOODLES

Boil the kettle. Add noodles to a large bowl. Cover with **hot water**. Soak for 1 minute then drain.

**tip** Toss noodles with beef and sauce before serving if you prefer!



### 6. FINISH AND SERVE

Serve noodles topped with teriyaki beef and crunchy vegetables. Garnish with sesame seeds and spring onion green tops to taste.