



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



## G4 Ginger Sesame Noodles with Beef Steaks

Warming ginger and hoisin sauce tossed through stir-fired veg and noodles served with beef steaks cooked in nutty sesame oil.

 20 minutes

 4 servings

 Beef

15 July 2022

## Spice it up!

*Add some crushed garlic, finely chopped red chilli, finely ground Szechuan pepper or dried chilli flakes to the sauce. Substitute hoisin sauce for soy sauce or tamari if desired.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 15g **CARBOHYDRATES** 86g

## FROM YOUR BOX

RICE NOODLES	1 packet
GINGER	1 piece
BEEF STEAKS	600g
SPRING ONIONS	1 bunch
SLICED MUSHROOMS	1 punnet (200g)
RED CAPSICUM	1
ASIAN GREENS	1 bunch

## FROM YOUR PANTRY

sesame oil, hoisin sauce (see notes), salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you don't have any hoisin sauce, you can use either 2 tbsp teriyaki sauce or 1 tbsp barbecue sauce and 1 tbsp soy sauce or 1 tbsp sweet chilli sauce and 1 tbsp soy sauce.



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2-4 minutes until noodles are tender. Drain and rinse in cold water.



### 2. MAKE THE SAUCE

Peel and grate ginger. Add to a bowl along with **3 tbsp sesame oil**, **3 tbsp water**, **3 tbsp hoisin sauce** and **pepper**. Stir to combine.



### 3. COOK THE BEEF STEAKS

Heat a large frypan over medium-high heat. Coat steaks with **sesame oil**, **salt** and **pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and keep pan over heat.



### 4. STIR-FRY THE VEGGIES

Slice spring onions into 4cm pieces. Add to pan along with mushrooms and cook for 3 minutes. Thinly slice capsicum and Asian greens. Add to pan and stir-fry for a further 4-6 minutes until veggies are tender.



### 5. TOSS THE NOODLES

Add noodles and 1/2 prepared sauce to the stir-fried veggies. Toss until well combined and cook for a further 2 minutes.



### 6. FINISH AND SERVE

Slice steaks and divide among plates with stir-fry noodles and remaining sauce.

**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**

