



Product Spotlight: Hoisin Sauce

Hoisin sauce is like the tomato sauce of Chinese cuisine! A great all-rounder that can be used as a recipe base or a condiment. The flavour starts sweet and finishes with savoury notes. Made locally by The Ugly Mug, it's loved by the Dinner Twist Team.



Crispy Honey Beef and Noodles

A delicious bowl of tender noodles topped with honey-kissed crispy beef, colourful, stir-fried veggies and a crunchy shallot and peanut topping.



30 minutes



Beef



2 servings

Spice it up!

Finish with chilli oil or chilli flakes if you like a gentle heat. For extra brightness, add a squeeze of lime juice over the final dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	20g	57g

FROM YOUR BOX

CARROT	1
BROCCOLI	1
GARLIC CLOVES	2
SPRING ONIONS	1 bunch
BEEF MINCE	300g
EGG NOODLES	150g
HONEY	30g
HOISIN SAUCE	50ml
FRIED SHALLOT + PEANUT MIX	30g

FROM YOUR PANTRY

sesame oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you have one, use a wok to cook the stir fry in!

Season with soy sauce for extra depth of flavour, and white pepper as an alternative to cracked black pepper, it has a milder flavour and is easier to hide from fussy eaters.

No gluten option – egg noodles are replaced with rice noodles. Cook until tender, drain and rinse well.



1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil for step 4.

Thinly slice **carrot** and cut **broccoli** into florets. Crush **garlic** and thinly slice **spring onions** (reserve some green tops for garnish).



2. STIR FRY THE VEGGIES

Heat a large frypan (see notes) with **sesame oil**. Add 1/3 crushed garlic, **carrots** and **broccoli**. Stir fry for 1 minute. Add 1/3 cup water and cook for further 4 minutes until **veggies** are tender. Remove to a bowl and reserve pan. Season **veggies** with **salt and pepper**.



3. CRISP THE BEEF

Reheat frypan over medium-high heat with **sesame oil**. Add **mince**, breaking up any lumps with a wooden spoon, cook for 4 minutes until **mince** begins to brown. Add **spring onions** and remaining **garlic**, cook for 2-4 minutes until **mince** is crispy and browned.



4. COOK THE NOODLES

While the **beef** crisps, add **noodles** to boiling water. Cook for 2-3 minutes or until **noodles** are tender. Drain **noodles**.



5. MAKE THE SAUCE

Add 1/2 jar honey, **hoisin sauce** and 1/4 cup water to the **crispy beef**. Toss to warm the **sauce**. Remove from heat and season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide **noodles** among bowls. Add **stir fried veggies** and **crispy beef**. Spoon over **sauce** from pan. Garnish with **fried shallot and peanut mix**, and **spring onion green tops** (see cover notes).

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