



MARLEY SPOON



Mongolian Beef

with Soba Noodles and Broccoli

 20-30min  2 Portions

In less than 30 minutes flat you can have this take-away favourite on your dinner table without making a phone call. By coating the beef in cornflour, it turns all gorgeous and crispy once cooked and then we coat it in a soy sauce and brown sugar mix that's whipped up in minutes. Throw away that take-away menu on the fridge as you'll never go back once you've had this!

What we send

- cornflour ¹⁷
- soba noodles ¹
- broccoli
- 2 garlic cloves, spring onion, ginger
- grass-fed beef stir-fry strips

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- Colander
- grater
- medium saucepan
- paper towel
- wok or deep frying pan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

You can use regular brown sugar if you don't have dark brown sugar.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 795.0kcal, Fat 23.2g, Proteins 50.4g, Carbs 96.2g



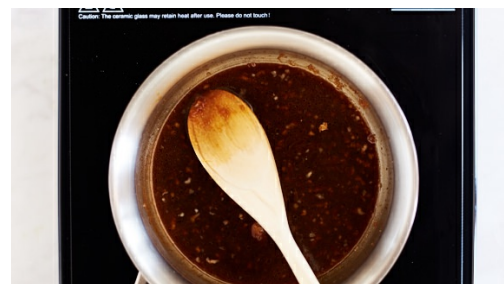
1. Prepare ingredients

Bring a medium saucepan of water to the boil over high heat for the noodles. Peel and grate the **ginger**. Finely chop or crush the **garlic**. Finely slice the **spring onion**. Cut the **broccoli** into small florets and thinly slice the stalks.



4. Cook noodles

Meanwhile, cook 2 bundles of **noodles** in the boiling water for 4 mins or until al dente. Drain and refresh under hot water, to prevent noodles sticking together. Shake well and set aside.



2. Make sauce

Meanwhile, heat 2 tsp **oil** in another medium saucepan over medium-low heat. Add the **ginger** and **garlic** and quickly add 2 tbs **soy sauce** and 60ml (¼ cup) water. Dissolve 1 tbs **dark brown sugar** into the sauce. Bring to the boil over medium-high heat. Boil for 2 mins. Remove from heat.



5. Cook beef

Heat 80ml (⅓ cup) **oil** in a wok over medium-high heat. Cook **beef** for 2 mins, stirring occasionally, or until edges darken. Transfer beef with a slotted spoon to a plate lined with paper towel. Remove oil from wok. Return wok to medium-high heat and add 1 tbs oil. Stir-fry **broccoli** and 60ml (¼ cup) water for 2 mins or until just tender.



3. Coat beef

Pat **beef** dry with paper towel and separate strips. Place in a shallow dish. Add the **cornflour** and toss to coat, ensuring each strip of beef is coated. Stand for 5 mins to allow cornflour to stick.



6. Get ready to serve

Add **spring onion** (reserving some to garnish) and stir-fry for 1 min or until **broccoli** is tender. Use a wooden spoon to scrape up any bits stuck to the base of wok. Return **beef** and **sauce** to the pan and stir to coat in the sauce. Divide **noodles** between two bowls. Top with beef and broccoli. Serve immediately garnished with reserved spring onions.