

# MARLEY SPOON



## Shiitake Beef

with Tangy Yoghurt Noodles



20-30min



2 Portions

We've taken the concept of a creamy pasta dish, added a modern spin and made it over to create a light dish that will still make you feel satisfied. We've replaced cream with Greek-style yoghurt and used it to coat silky strands of egg noodles and we've flavoured our mince with soy, chilli, cinnamon and clove for a tantalising flavour you and your partner will love.



## What we send

- spice mix
- Greek-style yoghurt <sup>7</sup>
- grass-fed beef mince
- dried chilli flakes
- egg noodles <sup>1,3</sup>
- parmesan <sup>7</sup>
- dill
- shiitake mushrooms
- red onion

## What you'll require

- olive oil
- salt and pepper
- soy sauce <sup>6</sup>

## Utensils

- Colander
- grater
- large frypan
- large saucepan

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

## Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).  
May contain traces of other allergens.

## Nutrition per serving

Energy 735.0kcal, Fat 25.2g, Proteins 50.9g, Carbs 74.5g



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the noodles. Thinly slice the **red onion**. Discard **mushroom** stems and slice caps. Pick **dill** fronds (discard stems), reserve some fronds for garnish and chop the remaining dill. Finely grate the **parmesan**.



### 4. Cook onion and mushrooms

Add 1 tbs **oil** to the pan. Cook the **onion** for 5 mins or until golden. Add **mushrooms**, 1 tbs **soy sauce** and **chilli flakes** to taste (be careful, they are hot) and cook for 3 mins. Season to taste with **salt and pepper**.



### 2. Cook noodles

Add the **egg noodles** to the pan of boiling water and cook for 4 mins or until al dente. Reserve 250ml (1 cup) cooking liquid then drain, refresh with cold water.



### 5. Add spice mix

Return the **beef** to the pan with half of the **spice mix** (reserve remaining spice mix for another use) and 60ml (¼ cup) **pasta water**. Cook for 30 secs or until reduced. Remove from heat and stir in half of the chopped **dill**.



### 3. Brown beef

Meanwhile, heat 1 tsp **oil** in a large frypan over medium-high heat. Cook the **beef**, breaking up any lumps with a wooden spoon, for 3-5 mins until browned. Season with **salt and pepper**. Transfer beef to a bowl, leaving any pan juices in the pan.



### 6. Get ready to serve

Whisk the **yoghurt**, **parmesan** and 80ml (⅓ cup) **pasta water** in a large bowl until smooth. Add the **noodles** and toss until well coated. Season with **salt and pepper**. Serve the noodles topped with the **meat** and **mushroom mixture** and sprinkled with remaining **dill**.