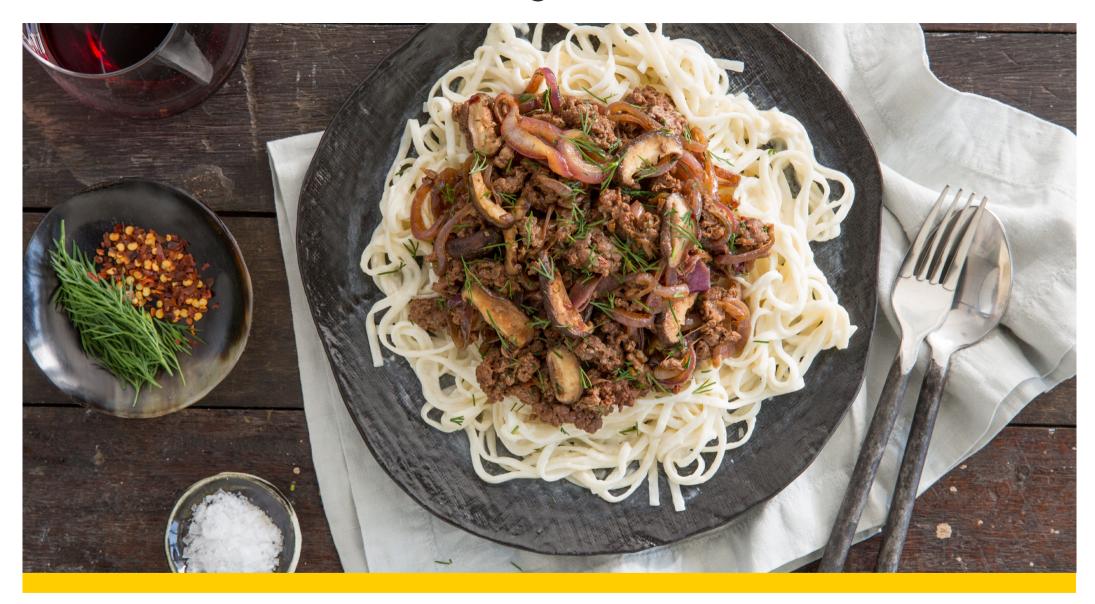
# MARLEY SPOON



# **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 1,3
- parmesan <sup>7</sup>
- · dill
- shiitake mushrooms
- red onion

## What you'll require

- olive oil
- salt and pepper
- sov sauce 6

#### Utensils

- Colander
- grater
- large frypan
- large saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

#### **Alleraens**

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.



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.



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.



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.



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 (1/4 cup) pasta water. Cook for 30 secs or until reduced. Remove from heat and stir in half of the chopped dill.



6. Get ready to serve

Whisk the yoghurt, parmesan and 80ml (1/3 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.