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Beef and Vegetable Stir-Fry

with Udon Noodles



20-30min



4 Portions

This hearty, speedy dinner is a healthier choice for weeknights, with vitamins and minerals, plus iron, thanks to the beef. The udon noodles are easy to prepare and the kids will love the neutral flavour, which makes a great base for the veggies and beef. Enjoy!

What we send

- sesame seed mix ¹¹
- sauce mix ^{1,2,6}
- ginger, 2 garlic cloves and 1 spring onion
- grass-fed beef stir-fry strips
- udon noodles ¹
- baby bok choy
- broccoli
- carrot

What you'll require

- vegetable oil

Utensils

- grater
 - large saucepan
 - large sieve or colander
 - wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Shellfish (2), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 590.0kcal, Fat 16.7g, Proteins 45.8g, Carbs 60.9g



1. Prepare ingredients

Bring a large saucepan of water to the boil for the noodles. Finely chop the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **spring onion**.



2. Prepare vegetables

Cut the **carrots** into matchsticks. Trim end of **broccoli**, then dice the stalk and cut the head into small florets. Trim ends of **bok choy** and rinse under cold running water. Coarsely chop stalks and leaves, keeping them separate.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 10 mins. Drain and rinse under hot water to prevent noodles sticking.



4. Cook beef

Meanwhile, heat 1 tbs **oil** in a wok over high heat. Add half the **garlic**, **ginger** and **onion** and stir-fry for 30 secs. Add half the **beef** and stir-fry for 2 mins. Transfer to a plate. Repeat with remaining garlic, ginger, onion and beef. Transfer to plate.



5. Cook vegetables

Heat 1 tbs **oil** in the same wok over medium-high heat and add the **carrots** and **diced broccoli stalk**. Add 2 tbs water and stir-fry for 3 mins. Add **broccoli florets**, **bok choy stalks** and 2 tbs water and stir-fry for 2 mins. Add **bok choy leaves** and stir-fry for 1 min or until wilted. Add the **sauce mix**, toss to coat and stir-fry for 1 min.



6. Get ready to serve

Return **beef** to pan and gently toss to combine. Divide **noodles** between bowls and top with **vegetables** and **beef**. Scatter over **sesame seeds** to serve.