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## Sichuan Beef and Vegetable

Stir-Fry with Egg Noodles



20-30min



4 Portions

Packed with nourishing veggies and iron-rich beef, this fragrant Chinese stir-fry is a super-easy weeknight winner. Ready in 20 minutes, we love the fragrant sauce, tasty egg noodles and spicy kick from the Sichuan pepper and fresh chilli.

## What we send

- egg noodles <sup>1,3</sup>
- sauce mix <sup>1,6</sup>
- red capsicum
- 1 birds eye chilli, 2 garlic cloves and ginger
- ground Sichuan pepper
- grass-fed beef stir-fry strips
- baby bok choi
- carrot

## What you'll require

- vegetable oil

## Utensils

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

## Allergens

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

## Nutrition per serving

Energy 630.0kcal, Fat 13.0g, Proteins 46.1g, Carbs 79.8g



### 1. Prepare ingredients

Bring a large saucepan of water to the boil for the noodles. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Cut **capsicum** into thin strips, discarding seeds and membrane.



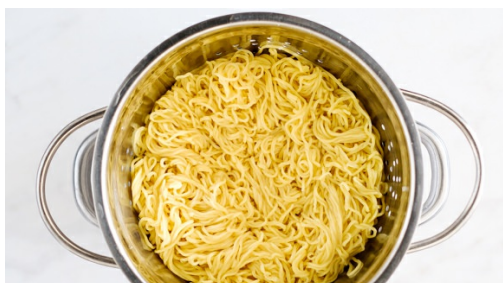
### 2. Prepare vegetables

Slice the **carrots** into very thin sticks (julienne). Discard ends of **bok choi**. Coarsely chop the leaves and thinly slice the stalk, keeping leaves and stalks separate. Thinly slice the **chilli** (deseed for less heat if you prefer).



### 3. Stir-fry beef

Heat 1 tbs **oil** in a wok over medium heat. Stir-fry half the **garlic** and half the **ginger** for 30 secs or until fragrant. Add half the **beef** and a pinch of **Sichuan pepper**. Stir-fry for 2 mins or until the beef is almost cooked. Set beef aside and repeat with remaining garlic, ginger and beef. Remove from pan.



### 4. Cook noodles

Using your hands, loosen  $\frac{3}{4}$  of the packet of **noodles** (reserve remainder for another use) to thoroughly separate. Cook in the pan of boiling water for 3-4 mins until just done, stirring to prevent from sticking. Drain and refresh under hot water to separate.



### 5. Stir-fry vegetables

Heat 1 tbs **oil** in the same wok over high heat. Stir-fry the **capsicum**, **bok choi stalks** and 1 tbs water for 1 min. Add the **carrots**, and stir-fry for 1 min.



### 6. Get ready to serve

Return the **beef** and any juices to the pan and stir to combine. Add the **sauce mix** and **bok choi leaves** and stir-fry for 1 min. Divide the **noodles** and beef and vegetable stir-fry between plates. Sprinkle the adults portions with extra **Sichuan pepper** and fresh **chilli** to taste (be careful, as they are hot).