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Shaoxing Beef

and Veggie Stir-Fry with Soba Noodles



20-30min



4 Portions

Compared to pasta or regular noodles, soba noodles are made from buckwheat flour and therefore have a higher fibre, vitamin and mineral content making this speedy stir-fry a great choice for the health-conscious. We've used lean beef strips to cut down the prep time even further and added green beans, carrot and snow peas for that classic stir-fry crunch factor.

What we send

- sauce mix ^{1,6,11}
- garlic
- sesame oil ¹¹
- soba noodles ¹
- fish sauce ⁴
- mixed sesame seeds ¹¹
- green beans
- carrot
- snow peas
- grass-fed beef stir-fry strips

What you'll require

- vegetable oil

Utensils

- large saucepan
- paper towel

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

Cooking tip

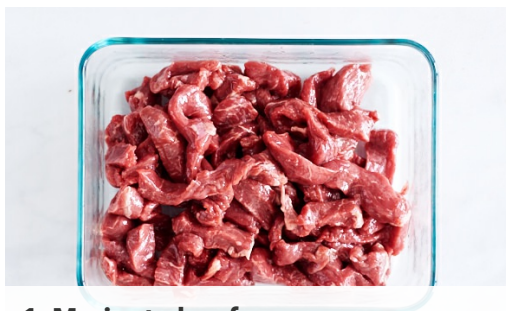
If your kids prefer their noodles served separately, don't add them to the wok for the final stir through.

Allergens

Gluten (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

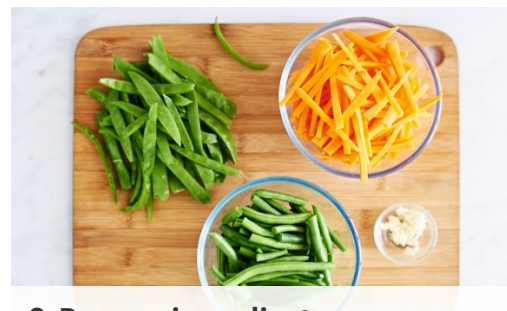
Nutrition per serving

Energy 670.0kcal, Fat 19.3g, Proteins 46.3g, Carbs 75.6g



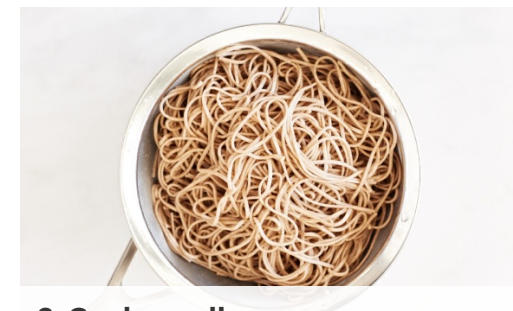
1. Marinate beef

Bring a large saucepan of water to the boil for the noodles. Combine the **fish sauce** and **sesame oil** in a bowl. Add **beef strips** and toss to coat.



2. Prepare ingredients

Trim ends of **snow peas** and slice in half lengthwise. Cut **carrots** in half and slice into thin matchsticks (julienne). Trim ends of **beans** and cut in half. Finely chop **garlic**.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 3 mins. Drain well and rinse under cold water to prevent noodles sticking together.



4. Cook beef

Heat 2 tsp **vegetable oil** in a wok over medium-high heat. Stir-fry the **garlic** for 30 secs or until fragrant. Add half the **beef** and **marinade** and stir-fry for 2-3 mins. Transfer beef to a small bowl and repeat with remaining beef.



5. Add vegetables

Wipe out pan with paper towel and heat 2 tsp **vegetable oil** over medium-high heat. Stir-fry the **carrots**, **beans** and 1 tbs **water** for 3 mins. Add **snow peas** and stir-fry for 1 min.



6. Finish stir-fry

Return the **beef** to the pan with the **sauce mix** and toss to combine. Add **noodles** (see cooking tip) and stir-fry for 2 mins until heated through and well combined. Serve scattered with **sesame seeds**.