



**HEALTHY**

## Asian Beef Noodle Salad

with Sweet Mirin Dressing



20-30min



2 Portions

With seared marinated beef, vermicelli noodles, aromatic herbs and crunchy, market-fresh vegetables, this tempting salad follows in the flavoursome tradition of Vietnamese bun bo xao. For a sweet Japanese twist, we've swapped the classic dressing for mirin, soy and vinegar - just toss to combine and enjoy!



## What we send

- beef stir-fry
- green beans
- fish sauce <sup>4</sup>
- mirin <sup>1</sup>
- ginger
- vermicelli noodles
- red cabbage
- coriander

## What you'll require

- pepper
- soy sauce <sup>6</sup>
- sugar
- white vinegar

## Utensils

- fine grater
- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

For the best results, sear the beef quickly over piping hot heat. Get your pan very hot before adding the beef, then stick to the short cooking time indicated.

### Allergens

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

### Nutrition per serving

Energy 565kcal, Fat 15.9g, Carbs 51.2g, Proteins 48.8g



### 1. Marinate beef

Peel and finely grate the **ginger**. Combine the ginger, **1 tbs soy sauce** and **1 tsp grapeseed oil** a large bowl and season with **pepper**. Separate the **beef stir-fry strips** and add to the marinade. Toss until well coated.



### 2. Prepare vegetables

Very thinly slice the **cabbage**. Trim the **beans** and cut into 1cm lengths. Finely chop the **coriander**, including the stems.



### 3. Soak noodles and beans

Put the **beans** and **noodles** in a heatproof bowl, cover with boiling water and soak for 5 mins or until the noodles have softened. Drain and rinse under cold running water.



### 4. Make dressing

Meanwhile, combine the **fish sauce**, **mirin**, **2 tsp white vinegar**, **2 tsp grapeseed oil**, **1 tsp soy sauce** and **2 tsp sugar** in a large bowl.



### 5. Stir-fry beef

Heat **2 tsp grapeseed oil** in a large frypan over high heat. Add the **beef** and stir-fry for 1-2 mins until browned (see cooking tip). Remove from the pan.



### 6. Get ready to serve

Add the **cabbage**, **beans**, **noodles** and **coriander** to the **dressing** and toss until well combined. Divide the **noodle salad** and **beef** among bowls to serve.