





## Asian Beef Patties

with Vermicelli Noodle and Vegetable Stir-Fry

 20-30min  2 Portions

With its juicy grass-fed beef patties, this one has the whole family's name on it. To save you time, we've added fragrant Asian herbs to the mince, so all you have to do is add breadcrumbs, shape into patties and grill with a delicious sweet soy sauce, which doubles as flavouring for a quick noodle stir-fry. We've even snuck in some vegetables for a winning weeknight meal.



## What we send

- kecap manis sauce <sup>1,6,17</sup>
- coriander, ginger, garlic clove
- Asian-flavoured beef mince <sup>6</sup>
- carrot, baby bok choy
- fish sauce <sup>4</sup>
- vermicelli bean noodles
- green beans
- panko breadcrumbs <sup>1</sup>

## What you'll require

- olive oil spray
- sea salt and pepper
- vegetable oil

## Utensils

- foil
- oven tray
- pastry brush
- sieve

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

## Allergens

Gluten (1), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 590kcal, Fat 15.0g, Carbs 70.4g, Proteins 39.6g



### 1. Make sauce

Combine the **fish sauce** and **2 tbs kecap manis** (reserve remainder for another use) in a bowl. Finely chop the **coriander**, including the stems, keeping the leaves and stems separate. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Line an oven tray with foil and spray or lightly brush with **oil**.



### 4. Prepare noodles

While the patties are cooking, put the **noodles** in a heatproof bowl and cover with boiling water. Stand for 4 mins or until softened. Drain well and use scissors to cut noodles into shorter lengths.



### 2. Prepare patties

Put the prepared tray on the highest shelf in the oven and heat the grill to high. Combine the **coriander stems**, **breadcrumbs** and **mince** in a bowl. Season with **salt and pepper**. Shape the mixture into 6 balls, then flatten to about 1.5cm thick.



### 5. Prepare vegetables

Peel and halve the **carrot** lengthwise, then thinly slice. Trim the ends of the **beans** and cut into 2-3cm lengths. Trim the ends of the **bok choy**, then finely shred, keeping the leaves and stalks separate.



### 3. Grill patties

Put the **patties** on the prepared tray and spray or lightly brush with **oil**. Cook the patties for 5 mins, then turn over and lightly brush with some of the **sauce** (reserve the remaining sauce for the stir-fry). Cook for a further 5 mins or until just cooked through (exact cooking time varies between grills). Remove and set aside to rest for 3 mins.



### 6. Stir-fry vegetables

Heat **1 tbs oil** in a wok over medium-high heat. Stir-fry the **carrot** for 2 mins. Add **beans**, **bok choy stalks**, **garlic** and **ginger** and stir-fry for 1 min. Add the **noodles**, **bok choy leaves** and **remaining sauce**. Stir-fry for 1 min or until warmed through. Divide **stir-fry** and **patties** among bowls. Scatter with the **coriander leaves** to serve.