



## Vietnamese-Style Beef

with Noodle Salad



20-30min



2 Portions

Vietnamese-style dishes scream 'nutritious', with their liberal use of veggies and lean meats. This dish is a perfect example, with iron-rich beef plus carrot and tomatoes, which are high in fibre and a whole range of minerals and vitamins. Combined with a delicious flavour boost from Five Tastes Vietnamese lemongrass and kaffir lime stir fry shots, this dish is certain to keep everyone happy.

## What we send

- lemon
- Vietnamese Five Tastes Stir Fry Shots <sup>17</sup>
- beef stir-fry
- garlic
- fish sauce <sup>4</sup>
- mirin <sup>1</sup>
- tomato
- baby cos lettuce
- Lebanese cucumber
- carrot
- sunflower seeds
- vermicelli noodles

## What you'll require

- vegetable oil

## Utensils

- medium frypan
- sieve

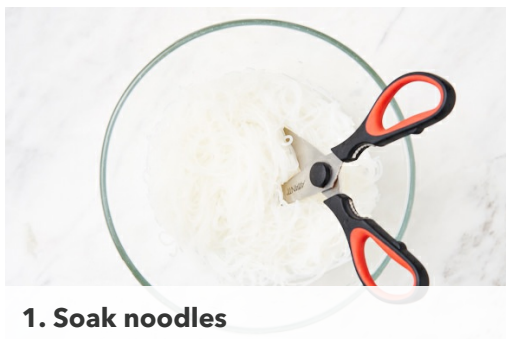
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

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

## Nutrition per serving

Energy 715kcal, Fat 22.8g, Carbs 64.7g, Proteins 52.0g



**1. Soak noodles**

Bring a kettle to the boil. Put the **noodles** in a heatproof bowl and cover with boiling water. Stand for 5 mins, then drain and rinse under cold water. Use scissors to cut into smaller lengths.



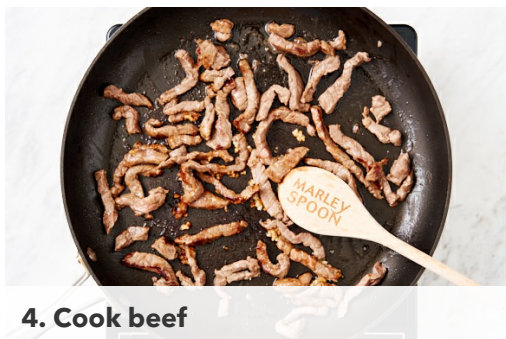
**2. Prepare ingredients**

Meanwhile, peel and coarsely grate the **carrot**. Finely chop the **tomato** and **cucumber**. Combine the carrot, tomato and cucumber in a bowl. Wash and separate the **lettuce** into individual leaves. Crush or finely chop the **garlic**.



**3. Toast sunflower seeds**

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until toasted. Remove the seeds from the pan.



**4. Cook beef**

Heat **1 tbs vegetable oil** in the frypan over very high heat. Add the **beef** and cook for 3 mins, shaking the pan and tossing the strips until the beef is just browned. Add the **garlic** and stir-fry for 30 secs.



**5. Add sauce**

Add the **Vietnamese Five Tastes Stir Fry Shot**, the **mirin** and **fish sauce**. Simmer for 1 min, tossing to combine. Remove from the heat.



**6. Get ready to serve**

Cut the **lemon** into wedges. Divide the **lettuce leaves** among plates. Top with the **noodles, vegetable mixture** and **beef**. Scatter over the **sunflower seeds** and serve with the **lemon wedges**.