



Vietnamese-Style Beef

with Noodle Salad



20-30min



4 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 ¹⁷
- beef stir-fry
- fish sauce ⁴
- carrots, Lebanese cucumber, garlic
- tomatoes
- baby cos lettuce
- sunflower seeds
- vermicelli noodles
- mirin vinegar ¹

What you'll require

- vegetable oil

Utensils

- large frypan
- sieve

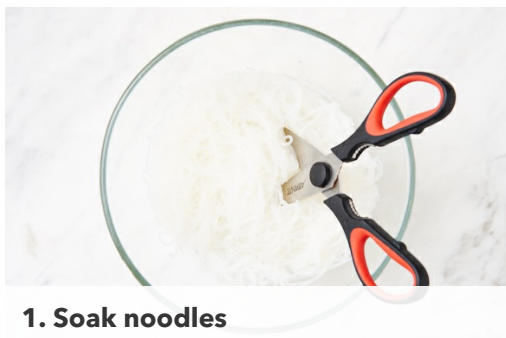
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 755kcal, Fat 22.9g, Carbs 73.8g, Proteins 52.6g



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.



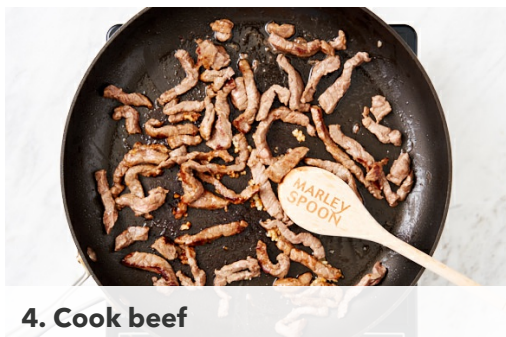
2. Prepare ingredients

Meanwhile, peel and coarsely grate the **carrots**. Finely chop the **tomatoes** and **cucumbers**. Combine the carrot, tomato and cucumber in a bowl. Wash and separate the **lettuces** 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 **2 tbs vegetable oil** in the frypan over very high heat. Add the **beef** (in two batches) and cook for 3 mins, shaking the pan and tossing the strips until the beef is just browned. Return all the beef to the pan, add the **garlic** and stir-fry for 30 secs.



5. Add sauce

Add both the **Five Tastes Stir Fry Shots**, 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**.