



FAST

HEALTHY

Stir-Fried Vietnamese Beef

with Herb and Noodle Salad



20-30min



4 Portions

We bet Vietnamese flavours are a favourite in your house because what's not to like? Sweet, savoury and fresh-tasting, this easy dish highlights all that's good about that fantastic cuisine. A quick meat marinade, a little stir-frying and then some rustling up of a delicious salad and dinner is done, just like that.

What we send

- vermicelli noodles
- coriander, mint, garlic, spring onion
- fish sauce ⁴
- Lebanese cucumber
- carrot
- beef stir-fry

What you'll require

- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- white vinegar

Utensils

- large frypan
- sieve

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

Cooking tip

Cooking the beef in two batches will keep the pan hot so the beef will keep the pan hot so the beef cooks quickly. Over-crowding the pan will cause the beef to stew, making it chewy.

Allergens

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

Nutrition per serving

Energy 475kcal, Fat 8.8g, Carbs 47.6g, Proteins 46.8g



1. Prepare beef

Crush or finely chop the **garlic**. Combine the garlic, **1 tbs vegetable oil** and **2 tbs soy sauce** in a large bowl and season with **pepper**. Add the **beef**, separating the strips, and stir to coat. Set aside.



2. Prepare vegetables

Bring a kettle to the boil for the noodles. Peel the **carrots**, then thinly slice the carrots and **cucumbers**. Thinly slice the **spring onions**. Coarsely chop the **coriander**, including the stems. Pick the **mint** leaves and coarsely chop, discarding the stems.



3. Soak noodles

Put the **noodles** in a heatproof bowl and cover with boiling water. Stand for 4 mins or until softened. Drain well.



4. Make dressing

Meanwhile, combine **2 tbs fish sauce** (the remaining sauce won't be used in this dish), **2 tbs white vinegar**, **2 tsp soy sauce** and **2 tsp sugar** in a small bowl, stirring, until the sugar dissolves.



5. Cook beef

Heat a large frypan over high heat. Stir-fry the **beef** for 2 mins, in 2 batches, or until browned and just cooked through.



6. Get ready to serve

Combine the **carrot, cucumber, herbs, half the spring onion** and **half the dressing** in a bowl and toss to combine. Divide the **noodles, salad** and the **beef** among plates. Scatter with the **remaining spring onion** and drizzle with the **remaining dressing** to serve.