

# DINNERLY



⚡ FAST

## Beef Noodle Stir-Fry with Zucchini and Spring Onion

🕒 20-30 minutes    🍴 2 Servings

With wok-fried beef, veggies and a soy-sesame sauce folded through egg noodles, this is dinner-time satisfaction guaranteed.

## WHAT WE SEND

- 1 spring onion
- 1 zucchini
- 1 carrot
- beef mince
- 1 tbs sesame oil <sup>11</sup>
- 200g egg noodles <sup>1,3</sup>

## WHAT YOU NEED

- Australian honey
- pepper
- soy sauce <sup>6</sup>
- vegetable oil
- white vinegar

## TOOLS

- colander
- medium saucepan

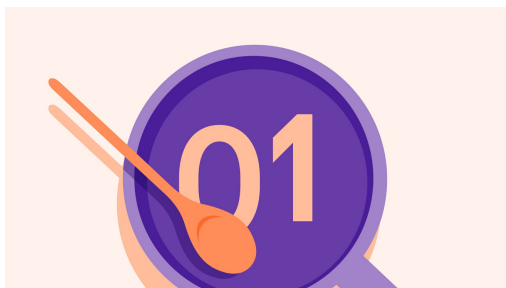
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 685kcal, Fat 28.6g, Carbs 58.6g, Proteins 45.1g



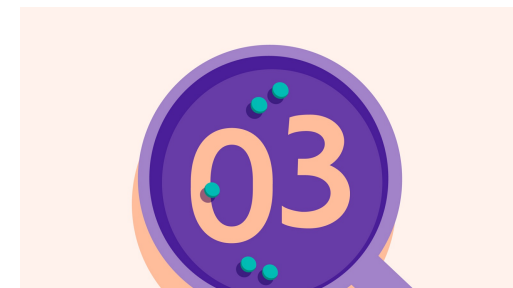
### 1. Prep veggies

Bring a medium saucepan of boiling water to the boil for the noodles. Thinly slice **1 garlic clove**. Peel the **carrot**, then shred with a julienne peeler or grate with a box grater. Cut the white part of the **spring onion** into 3cm lengths, then thinly slice the green part. Quarter the **zucchini** lengthwise, then thinly slice.



### 2. Make stir-fry sauce

Put **2 tsp sesame oil** (the remaining sesame oil won't be used in this dish), **2½ tbs soy sauce**, **2 tsp white vinegar**, **2 tsp honey** and **1 tbs water** in a bowl, season with **pepper** and whisk to combine.



### 3. Cook noodles

Cook **two-thirds of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 3 mins or until tender. Drain, then rinse under cold water to prevent the noodles sticking.



### 4. Stir-fry veggies and beef

Heat **1 tbs vegetable oil** in a medium deep frypan over high heat. Stir-fry the **spring onion lengths**, **carrot** and **zucchini** for 2-3 mins until the vegetables are tender but still have crunch. Remove from the pan. Cook the **garlic** and **beef**, breaking up the lumps with a wooden spoon, for 2-3 mins until browned.



### 5. Serve up

Add the **vegetables**, **noodles** and **half the stir-fry sauce** to the pan and toss for 1-2 mins until well coated. Remove from the heat and season with **pepper**. Divide the **beef noodle stir-fry** among bowls, scatter over the thinly sliced **spring onion**, drizzle with the **remaining stir-fry sauce** and enjoy.



### 6. Make it yours

Add extra Asian flair to this dish with a handful of chopped fresh coriander leaves.