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## Korean Beef Noodle Bowls

with Ginger, Sesame and Pickles



20-30min



4 Portions

Noodles, easy veggie pickles and a honey-soy-ginger stir-fry... they'll be happy campers when you put this Korean-inspired deliciousness on the table. The only thing you really need to cook here is the beef, as the noodles just need a soaking and, once they're sliced, the vegetables soften in a pickling liquid.

## What we send

- 11
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- 2 garlic cloves
- ginger
- 2 spring onions

## What you'll require

- Australian honey
- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- white vinegar

## Utensils

- colander
- fine grater
- large saucepan
- deep frypan or wok

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

## Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan hot and ensure you adhere to the cooking times.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 490kcal, Fat 11.0g, Carbs 48.1g, Proteins 46.6g



### 1. Make pickling liquid

Put **1 tbs white vinegar**, **2 tsp sugar** and **1 tsp salt** in a large bowl and stir to dissolve the sugar.



### 2. Pickle vegetables

Peel the **carrots**, then shred using a julienne peeler or coarsely grate. Trim and thinly shred the **cabbage**. Trim and thinly slice the **spring onions**, keeping the green and white parts separate. Add the carrot, cabbage and **white part of the spring onion** to the pickling liquid, season with **pepper** and toss to combine. Set aside to pickle, tossing occasionally.



### 3. Soak noodles

Thinly slice the **garlic**. Peel and finely grate the **ginger**. Combine **60ml (1/4 cup) soy sauce** and **2 tsp honey** in a small bowl. Put the **noodles** in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until the noodles are softened. Drain.



### 4. Prepare beef

Meanwhile, cut the **beef** into thin strips. Heat **1 tbs oil** in a wok over high heat until hot (see cooking tip). Stir-fry the beef, in four batches, for 30 secs-1 min until just browned. Remove from the pan.



### 5. Add sauce

Add the **garlic** and **ginger** to the wok and stir-fry for 10 secs or until fragrant. Add the **honey-soy mixture** and cook, stirring, for 1 min or until heated through. Return the **beef** to the wok and cook, tossing, for 30 secs or until the beef is coated in the sauce. Remove from the heat.



### 6. Get ready to serve

Add the **green part of the spring onion** and the **sesame oil** to the **pickled vegetables** and toss to combine. Divide the **noodles**, **pickled vegetables** and **beef stir-fry** among bowls. Scatter over the **sesame seeds** to serve.