

# MARLEY SPOON



## Spicy Sesame Beef

with Rice Noodles and Pak Choy

 20-30min  2 Portions

What's gochujang? We're glad you asked. It's a thick, fermented Korean chilli paste, with a distinctively sweet edge from the cooked glutinous rice that's used to produce it. Here, it lends its unmistakable tang to a delicious beef and veggie stir-fry, served over a bed of springy rice noodles.

## What we send

- 1,6
- 11
- 11

## What you'll require

- soy sauce <sup>6</sup>
- water

## Utensils

- fine grater
- large saucepan with lid
- deep frypan or wok

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

## Allergens

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

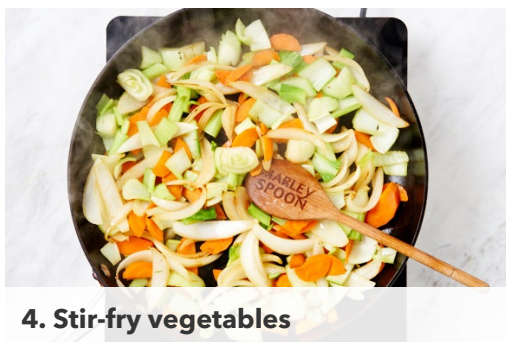
## Nutrition per serving

Energy 770kcal, Fat 25.0g, Carbs 79.8g, Proteins 51.4g



### 1. Prepare ingredients

Cut the **onion** into thin wedges. Finely chop or crush the **garlic**. Thickly slice the **pak choy**, keeping stems and leaves separate. Peel the **carrot**, halve lengthwise, then thinly slice on an angle. Peel and finely grate the **ginger**.



### 4. Stir-fry vegetables

Add the **onion** and **carrot** to the pan and stir-fry for 3 mins or until the vegetables begin to soften. Add the **pak choy stems** and **1 tbs water** and stir-fry for 1 min or until just starting to soften.



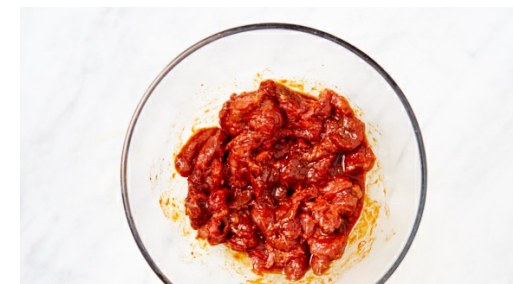
### 2. Make sauce

Put the **ginger, garlic, chilli paste, half the sesame oil** and **1 ½ tbs soy sauce** in a large bowl and stir to combine. Put **60ml (¼ cup) of the sauce** in a jug, stir in **1 ½ tbs water** and set aside.



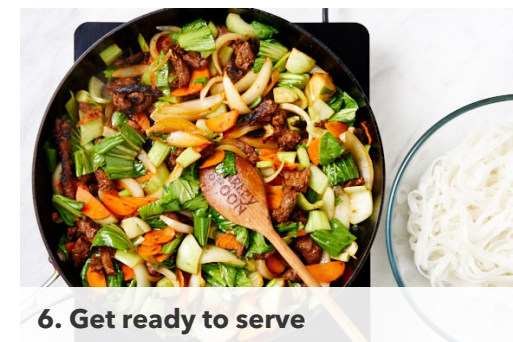
### 5. Soak noodles

Meanwhile, put **half the noodles** (the remaining noodles won't be used in this dish) in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until tender. Rinse under warm water to prevent noodles sticking, then drain.



### 3. Marinate beef

Separate the **beef stir-fry strips**, then add to the **remaining sauce** in the bowl and stir to coat. Heat **1 tbs oil** in a large deep frypan over high heat. Remove the beef, draining the excess sauce, then stir-fry for 2-3 mins until browned. Transfer the beef to a plate, reserving the pan.



### 6. Get ready to serve

Add the **pak choy leaves, beef, reserved sauce** and any **resting juices** to the pan and stir-fry for 2 mins until the leaves have wilted and the vegetables are just tender. Stir in the **remaining sesame oil** and toss to combine. Divide the **noodles** and **stir-fry** among bowls, then scatter with **sesame seeds** to serve.