

MARLEY SPOON



Spicy Sesame Beef

with Rice Noodles and Pak Choy

 20-30min  4 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 ⁶
- vegetable oil
- 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.

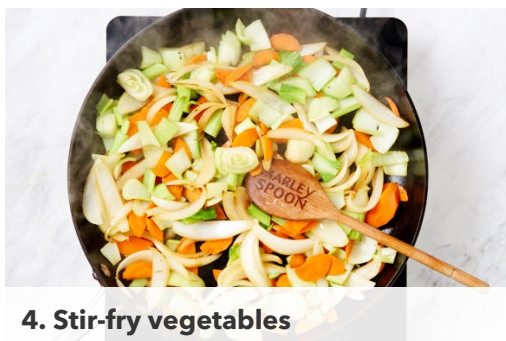
Nutrition per serving

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 **carrots**, 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 **2 tbs water** and stir-fry for 1 min or until just starting to soften.



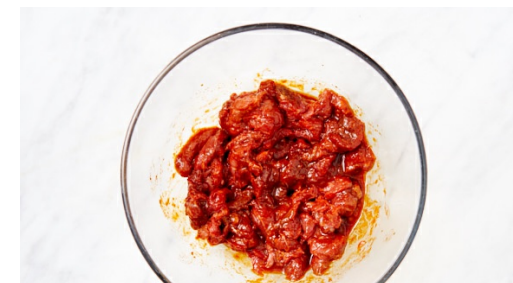
2. Make sauce

Put the **ginger, garlic, chilli paste, half the sesame oil** and **60ml (¼ cup) soy sauce** in a large bowl and stir to combine. Put **125ml (½ cup) of the sauce** in a jug, stir in **60ml (¼ cup) water** and set aside.



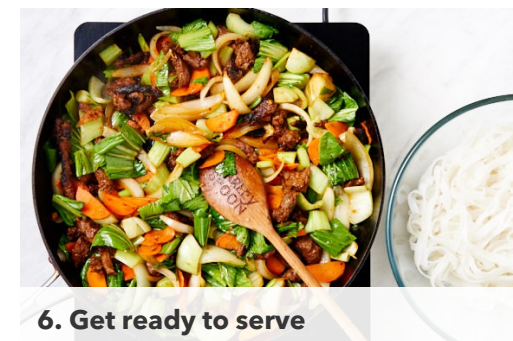
5. Soak noodles

Meanwhile, put the **noodles** 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 **half the beef**, draining the excess sauce, then stir-fry for 2-3 mins until browned. Transfer the beef to a plate, then repeat with the **1 tbs oil** and the **remaining beef**, 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.