

MARLEY SPOON



Chinese Beef Stir-Fry

with Seaweed Noodles



20-30min



4 Portions

What are seaweed noodles? We are pleased you asked! Flavoured with dried seaweed, these organic noodles are clean, green and the perfect match for this Chinese-style beef stir-fry. Loaded with veggies, aromatic ginger, flavoursome oyster sauce and silken noodles, this dinner will disappear fast.

What we send

- 1
- 1,2,4
- 1
-

What you'll require

- water

Utensils

- fine grater
- large saucepan
- deep frypan or wok

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

Allergens

Gluten (1), Shellfish (2), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 730kcal, Fat 14.2g, Carbs 87.3g, Protein 57.3g



1. Prepare garlic and ginger

Bring a large saucepan of water to the boil for the noodles. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**.



2. Prepare ingredients

Peel the **carrots**, then halve lengthwise and thinly slice on an angle. Trim the **pak choy** and coarsely chop, keeping the leaves and stems separate. Combine the **mirin** and **oyster sauce** in a bowl.



3. Stir-fry beef

Heat **2 tsp oil** in a large deep frypan over high heat. Separate the **beef stir-fry**, then stir-fry **half the beef, garlic and ginger** for 2 mins or until the beef is browned. Transfer to a bowl. Repeat with **2 tsp oil** and the **remaining beef, garlic and ginger**. Reserve the pan.



4. Cook noodles

Cook the **noodles** in the pan of boiling water for 3-4 mins until tender. Drain (see cooking tip).



5. Stir-fry vegetables

Meanwhile, heat **1 tbs oil** in the reserved pan over high heat. Stir-fry the **carrot** for 2 mins. Add the **pak choy stems** and **2 tbs water** and stir-fry for 2 mins or until vegetables are starting to soften. Add the **pak choy leaves** and **mirin sauce mixture** and stir-fry for 1 min or until the sauce is slightly reduced.



6. Get ready to serve

Return the **beef** and any resting juices to the pan and stir-fry for 1 min or until heated through. Divide the **noodles** and **beef stir-fry** among bowls to serve.