

MARLEY SPOON



FAST

HEALTHY

Spicy Beef Stir-Fry

with Chinese Broccoli



20-30min



2 Portions

Stir-frying is now regarded as an 'everyday' cooking technique but back in the day, most Chinese (this style of cooking originated in China) couldn't afford much oil and it was a rarity. How things change - we love stir-frying for its speed, healthiness and for the way it so perfectly enhances the flavours of meat and fresh produce.

What we send

- beef stir-fry
- garlic
- long red cilli
- fish sauce ⁴
- egg noodles ^{1,3}
- carrot
- 200g Chinese broccoli
- 1 spring onion

What you'll require

- Australian honey
- sea salt and pepper
- soy sauce ⁶
- white vinegar

Utensils

- large deep frypan with lid
- medium saucepan

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

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 580kcal, Fat 18.5g, Carbs 45.1g, Proteins 52.6g



1. Prepare ingredients

Read through the recipe. Coarsely chop the **broccoli** leaves and thinly slice the stems, keeping the stems and leaves separate. Crush or finely chop the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired (see cooking tip). Trim, then thinly slice the **spring onion**. Peel the **carrot**, halve lengthwise and thinly slice on an angle.



4. Cook noodles

Cook **half 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.



2. Make stir-fry sauce

Bring a medium saucepan of water to the boil for the noodles. Meanwhile, combine the **fish sauce**, **1 tbs soy sauce**, **1 tsp white vinegar** and **1 tsp honey** in a bowl and stir to dissolve the honey.



5. Finish stir-fry

Meanwhile, heat **2 tsp oil** in the reserved pan. Stir-fry the **broccoli stems** and **carrot** for 1-2 mins over high heat until just tender. Add the **garlic** and **chilli** and stir-fry for 30 secs or until fragrant. Add the **stir-fry sauce** and **broccoli leaves** and stir-fry for 1 min or until wilted and the sauce is reduced slightly.



3. Cook beef

Separate the **beef stir-fry** strips. Transfer to a bowl, add **1 tbs oil**, season with **salt and pepper** and toss to coat. Heat a large deep frypan over high heat until hot (see cooking tip). Stir-fry the beef for 2-3 mins until browned. Transfer to a bowl. Reserve the pan.



6. Get ready to serve

Add the **beef** and **half the spring onion** to the pan and toss to coat. Taste and season with **pepper**. Divide the **noodles** and **stir-fry** among bowls. Scatter with the **remaining spring onion** to serve.