

# MARLEY SPOON



## Thai Beef and Noodles

with Coriander Lime Dressing



20-30min



2 Portions

When you crave Asian food but don't want spice, and you need a dinner that's quick, colourful and is something the whole family will love, we've got your back. This dish ticks all those boxes; beef-based, it's fresh-tasting and those springy egg noodles to help fill hungry tummies.

## What we send

- 4
- 1,3
- coriander
- 1 garlic clove

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- neutral-flavoured oil
- sugar

## Utensils

- colander
- medium saucepan
- vegetable peeler

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 very hot before adding the beef and stick to the short cooking time indicated.

## Allergens

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

## Nutrition per serving

Energy 600kcal, Fat 14.0g, Carbs 60.7g, Proteins 52.4g



### 1. Prepare ingredients

**Read through the recipe.** Bring a medium saucepan of water to the boil for the noodles. Bruise the peeled **garlic** with the side of a knife. Pick the **coriander leaves** and finely chop the **stems**, keeping the stems and leaves separate.



### 2. Prepare vegetables

Juice the **lime**. Put the **garlic**, **fish sauce**, **1 ½ tbs lime juice** and **1 tsp sugar** in a bowl and stir to dissolve the sugar. Peel the **carrot**, then peel into ribbons with a vegetable peeler. Cut the **cucumber** into 1cm-wide batons, then halve crosswise.



### 3. Cook noodles

Cook **three-quarters of the noodles\*\*** in the boiling water for 3 mins. Add the **carrot strips**, then cook for a further 1 min or until carrot and noodles are tender. Drain.



### 4. Chargrill beef

Meanwhile, heat a chargrill pan over high heat (see cooking tip). Separate the **beef stir-fry** and toss with **1 tbs oil** in a bowl. Cook the beef, turning halfway, for 2 mins or until browned and cooked to your liking.



### 5. Dress beef

Discard the **garlic** from the dressing in the bowl, then stir in the **beef**.



### 6. Get ready to serve

Stir the **coriander stems** into the beef, then divide the **noodle mixture**, **beef mixture** and **cucumber** among bowls. Scatter with the **coriander leaves** to serve.