

MARLEY SPOON



FAST

Thai Beef and Noodles

with Coriander Lime Dressing



20-30min



4 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

- 1,3
- 4
- 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
- large 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 13.9g, Carbs 60.6g, Proteins 52.3g



1. Prepare ingredients

Read through the recipe. Bring a large 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 **limes**. Put the **garlic**, **fish sauce**, **60ml (¼ cup) lime juice** and **2 tsp sugar** in a bowl and stir to dissolve the sugar. Peel the **carrots**, then peel into ribbons with a vegetable peeler. Cut the **cucumbers** 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. Char grill 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, in two batches and 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.