

# DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

## Char Siu Beef Noodles with Broccoli and Peanuts

🕒 20-30 minutes 🍴 2 Servings

Usually used as a marinade for pork, this delicious sweet-savoury char siu sauce is delicious with beef too. Toss with rice noodles, shredded carrot and broccoli and top with peanuts for crunch.

## WHAT WE SEND

- 1,6,11
- 5

## WHAT YOU NEED

- barbecue sauce
- chilli flakes
- soy sauce <sup>6</sup>
- vegetable oil

## TOOLS

- julienne peeler or box grater
- deep frypan or wok

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Peanuts (5), Soy (6), Sesame (11).  
May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 599kcal, Fat 19.8g, Carbs 55.3g,  
Proteins 46.5g



### 1. Prep ingredients

Crush or finely chop 1 **garlic clove**. Trim the **broccoli**, then cut into long florets including the stem. Peel the **carrot**, then shred or coarsely grate with a julienne peeler or box grater. Coarsely chop the **peanuts**.



### 2. Soak noodles

Put **one-quarter the noodles** (the remaining noodles won't be used in this dish) in a large heatproof bowl, cover with boiling water and stand for 10 mins or until softened. Drain.



### 3. Make char siu sauce

Meanwhile, put the **garlic, hoisin sauce, 1 tbs water, 1 tbs barbecue sauce** and **1 tbs soy sauce** in a bowl and whisk to combine.



### 4. Cook beef and veggies

Heat **1 tbs vegetable oil** in a wok over high heat. Stir-fry the **beef mince** for 3-4 mins until browned. Add the **broccoli, carrot** and **char siu sauce** and cook for 1-2 mins until the broccoli is tender. Add the **noodles**, season with **salt and pepper** and toss to combine. Remove the wok from the heat.



### 5. Serve up

Divide the **stir-fry** among bowls. Scatter over **half the peanuts** (see Make it yours) and **1/2 tsp dried chilli**, if using, and enjoy!



### 6. Make it yours

We've used half the nuts to within our healthy guidelines, but feel free to use them all. Add a burst of freshness with a scattering of spring onion or coriander leaves.