

DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

Char Siu Beef Noodles with Broccoli and Peanuts



20-30 minutes



4 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

- 5
- 1,6,11

WHAT YOU NEED

- barbecue sauce
- chilli flakes
- soy sauce ⁶
- 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 55.2g,
Proteins 46.4g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Trim the **broccoli**, then cut into long florets including the stem. Peel the **carrots**, then shred or coarsely grate with a julienne peeler or box grater. Coarsely chop the **peanuts**.



2. Soak noodles

Put **half the noodles** in a large heatproof bowl, cover with boiling water and stand for 10 mins or until softened. Drain.



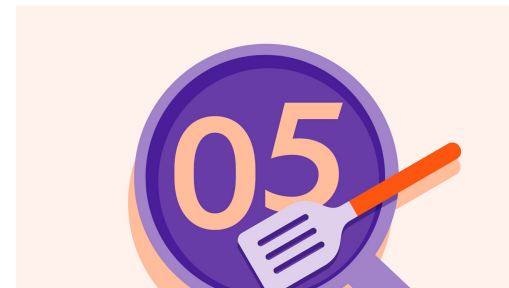
3. Make char siu sauce

Meanwhile, put the **garlic, hoisin sauce, 2 tbs water, 2 tbs barbecue sauce** and **2 tbs soy sauce** in a bowl and whisk to combine.



4. Cook beef and veggies

Heat **2 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 **¼ tsp dried chilli**, if using, and enjoy!



6. Make it yours

We've used half the nuts to keep 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.