



# MARLEY SPOON



## Spicy Beef with Peanut Noodles

 20-30min  2 Portions

The aromatic, peppery and nutty flavours that are typical of Sichuan cuisine come to life in this quick and easy noodle dish. Dig into the layers of chargrilled five-spice beef, crunchy coriander-laced greens and slippery noodles, and jumble it all together with the soy peanut sauce for an authentic taste of south-western Chinese cooking.

## What we send

- 1 garlic clove and coriander
- Sichuan blend (sichuan peppercorns, five spice powder)
- broccoli
- grass-fed beef flank steaks
- green cabbage
- sesame seeds <sup>11</sup>
- peanut butter <sup>5</sup>
- egg noodles <sup>1,3</sup>

## What you'll require

- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- medium saucepan
- small saucepan

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

## Allergens

Gluten (1), Egg (3), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 785.0kcal, Fat 25.8g, Proteins 57.1g, Carbs 77.0g



### 1. Prepare ingredients

Thinly slice the **garlic**. Coarsely chop the **coriander**, including the stems, keeping the leaves and stems separate. Cut **broccoli** into small florets. Trim the broccoli stem and thinly slice into 1cm pieces. Trim the **cabbage** and coarsely chop into 2cm pieces.



### 4. Cook noodles

While beef is cooking, cook the **noodles** in the pan of boiling water for 4 mins or until al dente, stirring occasionally to separate the strands. Drain well in a colander, shaking off the excess water. Return noodles to the pan with **2 tsp oil**. Cover with a lid and keep warm.



### 2. Make peanut sauce

Using a fork, whisk together the **peanut butter**, **half the the soy sauce**, the **sugar** and the **water** (see staples list) in a small saucepan over very low heat until smooth and combined. Cover with a lid and keep warm. Bring a medium saucepan of salted water to the boil for the noodles.



### 5. Cook vegetables

While noodles are cooking, heat the **remaining oil** in a wok over medium-high heat. Stir-fry the **garlic** and **chopped coriander stems** for 20 secs or until garlic is lightly golden. Add the **broccoli** florets and stems, and the **cabbage**, and stir-fry for 3 mins or until vegetables are just tender.



### 3. Cook beef

Combine **1 tbs oil** with the **Sichuan blend** in a bowl. Season with **salt**. Add **beef** and turn to coat. Heat a chargrill or frypan over high heat. Cook **beef** for 2-3 mins each side for medium-rare (depending on the thickness) or for longer until cooked to your liking. Transfer to a plate and rest for 3 mins.



### 6. Get ready to serve

Add the **remaining soy sauce** and toss to combine. Thinly slice the **beef** on an angle against the grain. Divide **noodles** among bowls and top with the stir-fried vegetables and the beef. Spoon over the\_\_ peanut sauce\_\_ and scatter over the **coriander leaves** and the **sesame seeds** to serve.