



MARLEY SPOON



Spicy Beef with Peanut Noodles

 20-30min  4 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

- coriander and 2 garlic cloves
- Sichuan blend (sichuan peppercorns, five spice powder)
- peanut butter⁵
- green cabbage
- sesame seeds¹¹
- broccoli
- grass-fed beef flank steaks
- egg noodles^{1,3}

What you'll require

- sea salt and pepper
- soy sauce⁶
- 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 755.0kcal, Fat 22.8g, Proteins 55.3g, Carbs 79.7g



1. Prepare ingredients

Thinly slice the **garlic**. Coarsely chop the **coriander**, including the stems, keeping the leaves and stems separate. Cut the **broccoli** into small florets. Trim and thinly slice the stem 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 **1 tbs 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 large 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 **1½ 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.