

MARLEY SPOON



Turmeric and Chilli Beef

with Broccoli and Noodles



20-30min



4 Portions

For a speedy flavour-packed noodle bowl, look no further than this 30-minute meal. Turmeric-marinated beef is flash-fried with crunchy greens and tossed in a mildly spicy Indonesian-inspired sauce of chilli sambal and soy. Stir through egg noodles, add lime and coriander for freshness, and dinner's on the table!

What we send

- 3 garlic cloves and coriander
- broccoli
- turmeric
- green beans
- sambal oelek
- grass-fed beef stir fry strips
- egg noodles ^{1,3}
- lime

What you'll require

- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

- medium saucepan

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

Cooking tip

Make sure your wok is well heated before starting the stir-fry.

Allergens

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

Nutrition per serving

Energy 745.0kcal, Fat 24.3g, Proteins 49.2g, Carbs 78.4g



1. Marinate beef

Bring a large saucepan of salted water to the boil for the noodles. Place the **beef** in a bowl. Add the **turmeric, salt and pepper**, and toss well to coat. Set aside.



4. Stir-fry ingredients

Heat **half the oil** in a wok or large frypan over high heat. Add the **beef** and stir-fry for 2-3 mins until browned. Remove from wok. Heat the **remaining oil** and add the **garlic, broccoli** and **beans**. Stir-fry for 2-3 mins, then return the **beef** to the wok and cook for a further 1-2 mins until vegetables are tender.



2. Prepare ingredients

Finely chop the **garlic**. Trim the **broccoli**, then cut into small florets and thinly slice the stem. Trim the tops of the **beans** and cut in half. Juice **1 lime** into a bowl and cut the **remaining lime** into wedges.



5. Cook noodles

Meanwhile, separate the **noodles** (you only need 1½ packets). Cook the **noodles** in the pan of boiling salted water for 4 mins or until tender. Drain in a colander.



3. Prepare garnish and sauce

Pick some **coriander** sprigs to serve, then coarsely chop the remainder, including the stems. Using a fork, whisk together the **sambal oelek, soy sauce, sugar** and the **water** (see staples list) in a small bowl until sugar dissolves.



6. Get ready to serve

While noodles are cooking, add the sambal mixture to the stir-fry and cook, stirring, over medium heat for 1-2 mins until warmed through. Add the **lime juice** and **chopped coriander**, and stir to combine. Divide noodles among bowls and top with the stir-fry. Scatter over the **coriander sprigs** and serve with the **lime wedges**.