

# DINNERLY



## Balanced Beef and Peanut Tofu Noodles with Broccoli and Sesame



25 minutes



2 Servings

Our 'balanced' recipes are just that – high in nutritive value (that's fibre-rich veggies, lean proteins and wholegrains, just between us), so these dishes are good for you in every which way! They're perfect for anyone looking to minimise their intake of refined foods without sacrificing on taste.



### WHAT WE SEND

- 1 head broccoli
- 1 capsicum
- 2 garlic cloves
- 150g vermicelli noodles
- 40g peanut butter <sup>2</sup>
- 2 x 10ml sesame oil <sup>3</sup>
- 200g peanut satay tofu <sup>1,2,4,5</sup>
- lean beef mince

### WHAT YOU NEED

- 1½ tbs soy sauce <sup>4</sup>
- 1 tsp sugar
- 1½ tbs vegetable oil

### TOOLS

- medium saucepan
- medium deep frypan

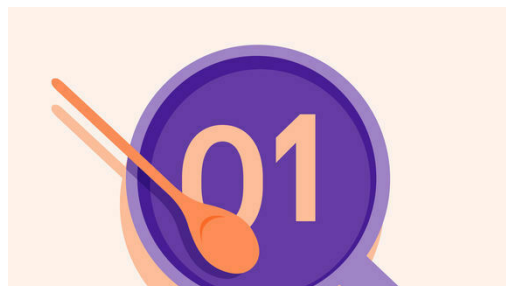
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Peanut (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens.

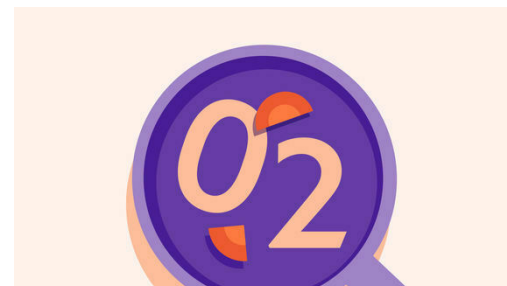
### NUTRITION PER SERVING

Energy 1065kcal, Fat 57.1g, Carbs 77.4g, Protein 62.5g



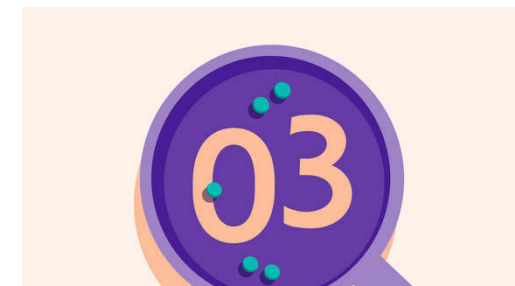
#### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Trim the **broccoli** stem, then halve lengthwise and thinly slice on an angle. Cut the head into small florets. Thinly slice the **capsicum**. Crush or finely chop **2 garlic cloves**.



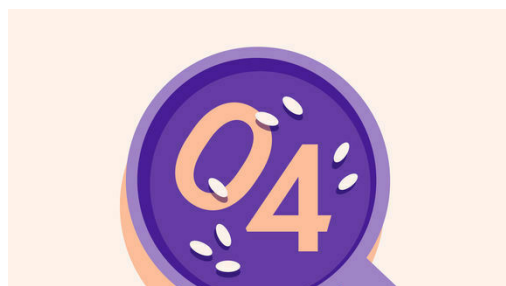
#### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Meanwhile, combine the **garlic**, **peanut butter**, **sesame oil** (see Make it yours), **1½ tbs soy sauce**, **1 tsp sugar** and **2 tsp water** in a bowl until smooth.



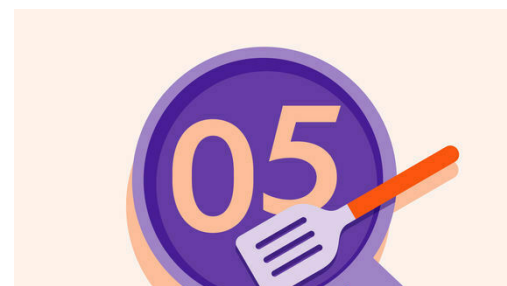
#### 3. Cook tofu and beef mince

Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Cook the **tofu** for 2 mins each side or until golden. Remove from the pan. Heat **2 tsp vegetable oil** in the pan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Remove from the pan.



#### 4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the same pan over high heat. Add the **broccoli stem** and **florets**, **capsicum** and **peanut mixture** and stir-fry for 2-3 mins until the veggies are tender but still with crunch.



#### 5. Serve up

Add the **mince**, **noodles** and **125ml (½ cup) water** to the veggies and toss to combine and warm through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Slice the **tofu**. Divide the **noodle mixture** among bowls, top with the tofu and enjoy!



#### 6. Make it yours

If you haven't tried sesame oil before or find it a bit too strong, adjust the amount to taste.