

# DINNERLY



## Beef and Broccoli Noodles with Roasted Peanuts



25 minutes



2 Servings

Looking for dinner on the table quick smart? This fast recipe is ready in 25 minutes or less and comes with yumness guaranteed.

### WHAT WE SEND

- 1 head broccoli
- 1 carrot
- 2 garlic cloves
- 180g udon noodles <sup>2,7</sup>
- lean beef mince
- 50g oyster sauce <sup>1,2,3,5,7</sup>
- 20g roasted peanuts <sup>4</sup>

### WHAT YOU NEED

- 2 tbs vegetable oil
- 1 tbs soy sauce <sup>6</sup>

### TOOLS

- medium saucepan
- medium deep frypan

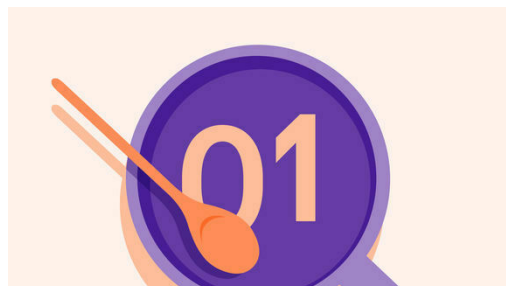
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Fish (1), Gluten (2), Mollusc (3), Peanut (4), Sesame (5), Soy (6), Wheat (7). May contain traces of other allergens.

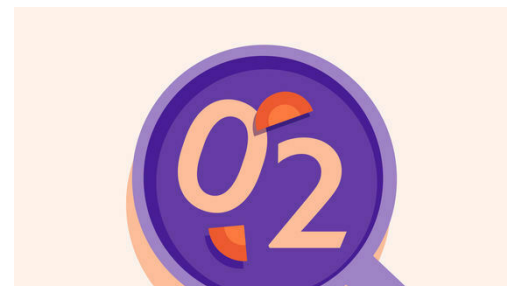
### NUTRITION PER SERVING

Energy 840kcal, Fat 39.0g, Carbs 74.3g, Protein 50.3g



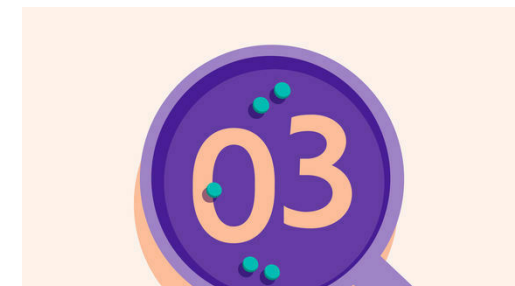
#### 1. Prep ingredients

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



#### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 8 mins or until tender. Reserve **80ml (1/3 cup) cooking water**, then drain and rinse under cold water to prevent the noodles from sticking.



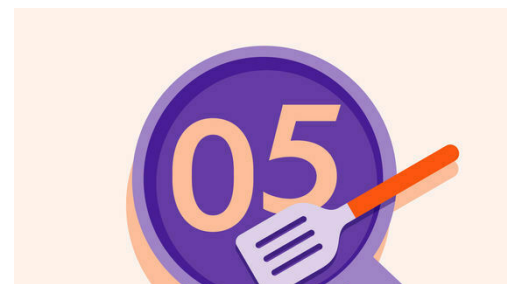
#### 3. Brown beef mince

Meanwhile, heat **1 tbs vegetable oil** in a medium deep frypan over medium-high heat. Cook the **garlic** for 30 secs or until fragrant. Add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Transfer to a bowl.



#### 4. Stir-fry veggies

Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Stir-fry the **carrot** and **broccoli stem** for 1 min. Add the **broccoli florets** and **reserved cooking water** and stir-fry for 2 mins or until the veggies are tender but still have crunch. Add the **beef**, **oyster sauce** and **2 tbs soy sauce** and stir to combine.



#### 5. Serve up





Add the **noodles** and toss until combined and warmed through. Divide the **beef and broccoli noodles** among bowls and scatter over the **peanuts**. Enjoy!



#### 6. Make it yours

If you have some on hand, amp up the zingy green factor by scattering over some sliced spring onion and chopped coriander leaves before serving.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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