

DINNERLY



Low-Cal Teriyaki Beef Stir-Fry with Vermicelli Noodles



25 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

WHAT WE SEND

- 1 bunch pak choy
- 1 capsicum
- 1 carrot
- 2 garlic cloves
- 150g vermicelli noodles
- 50ml teriyaki sauce ^{1,2,3,4}
- beef stir-fry

WHAT YOU NEED

- 1 tbs soy sauce ²
- 1 tsp sugar
- 2 tsp vegetable oil

TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

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

COOKING TIP

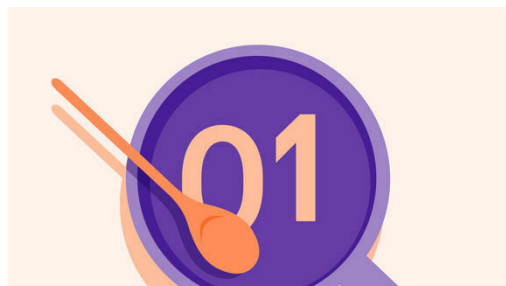
Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.

ALLERGENS

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

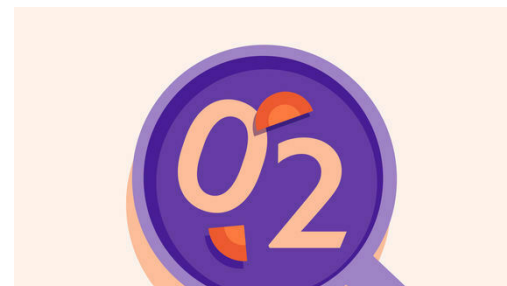
NUTRITION PER SERVING

Energy 599kcal, Fat 12.7g, Carbs 76.1g, Protein 41.2g



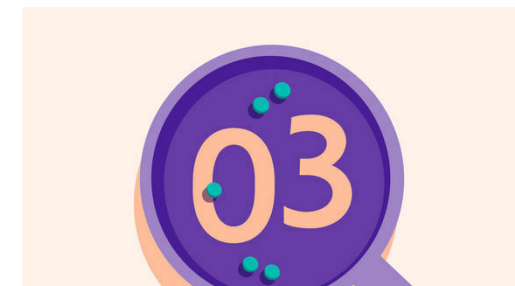
1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Cut the **pak choy** into thirds. Thinly slice the **capsicum**. Shred the **carrot** using a julienne peeler or coarsely grate with a box grater. Crush or finely chop **2 garlic cloves**.



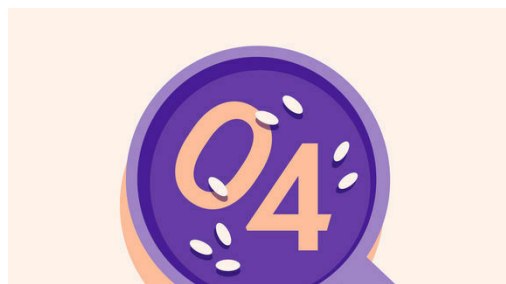
2. Cook noodles

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, put the **teriyaki sauce**, **1 tbs soy sauce** and **1 tsp sugar** in a bowl and whisk to combine.



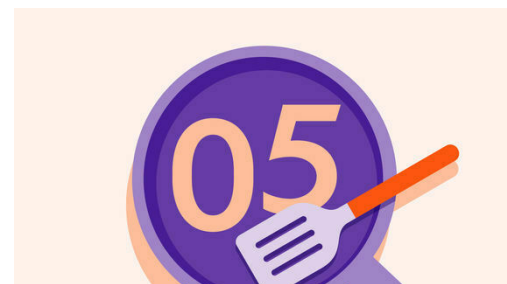
3. Stir-fry beef

Separate the **beef stir-fry**. Heat **1 tsp vegetable oil** in a medium deep frypan over high heat until very hot (see Cooking tip). Stir-fry the beef for 1-2 mins until browned. Remove from the pan.



4. Stir-fry veggies

Heat **1 tsp vegetable oil** in the same pan over high heat. Stir-fry the **pak choy stems**, **capsicum** and **garlic** for 1-2 mins until softened (see Make it yours). Add the **pak choy leaves** and **carrot** and stir-fry for a further 30 secs or until tender but still with crunch.



5. Serve up

Add the **noodles** and **sauce mixture** to the veggies and stir-fry for 1 min, then stir through the **beef** for 30 secs until the beef and noodles are warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **stir-fry** among bowls and enjoy!



6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to snow peas and beans.