



# Beef and Broccoli Noodles

with a ginger lime dressing

Family 30-35 mins

4



Beef Rump



Ginger



Broccoli



Udon Noodles



Lime



Peanuts



Garlic



Onion



Soy Sauce



Balsamic Vinegar



Honey

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Colander, Lid, Pot, Pan with Lid

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Ginger	1 unit	2 units
Broccoli	1 unit	2 units
Udon Noodles	300 g	600 g
Lime	1 unit	2 units
Peanuts	40 g	80 g
Garlic	2 units	4 units
Onion	½ unit	1 unit
Soy Sauce	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	645.5 g	100 g
Energy (kJ/kcal)	3046.6 kJ/ 728.1 kcal	472 kJ/ 112.8 kcal
Fat (g)	28.5 g	4.4 g
Sat. Fat (g)	8.3 g	1.3 g
Carbohydrate (g)	66.3 g	10.3 g
Sugars (g)	12.4 g	1.9 g
Protein (g)	53.1 g	8.2 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.

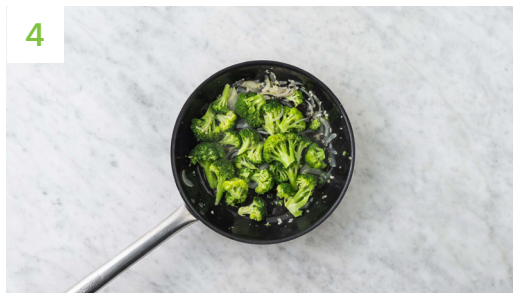


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### Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together. Keep covered.



### Cook Your Veg

- Heat a drizzle of **oil** in a large pan on high heat.
- Fry the sliced **onion** and **broccoli** for 6-8 mins.
- Add the **garlic** and the remaining **ginger** at the last minute.
- Season with **salt** and **pepper**. Remove from the pan and set aside covered.



### Prep the Veg

- Meanwhile, boil a medium pot of **water** for the **broccoli**.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Halve and peel the **onion**. Thinly slice half (double for 4p).
- Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Halve the **lime**, squeeze the juice and set aside. Roughly chop the **peanuts**.



### Fry the Beef

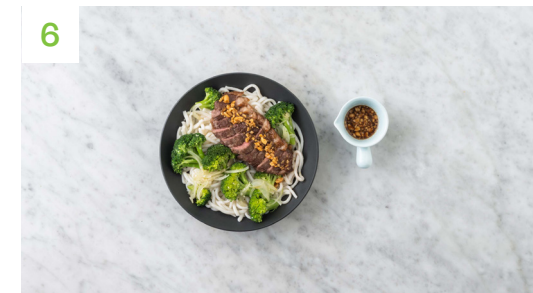
- Season the **steak** with **salt** and **pepper**. Once the **oil** is hot, lay them into the pan and fry until browned, 2-3 mins each side. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Lower the heat and cook for another 1-2 mins each side if you want them medium-rare.
- When done, transfer to a board and allow to rest for a few minutes. Steak is safe to eat when outside is browned.

**TIP:** Cook for 1-2 mins more if you like it more well done.



### Make the Dressing

- Cook the **broccoli** in the boiling **water** for 3 mins. Drain and rinse under cold **water**.
- Meanwhile, add half the grated **ginger** to a bowl for the dressing.
- Mix in 1 tbs **oil** (double for 4p), **soy sauce**, **balsamic vinegar**, **honey**, and **lime** juice.
- Add the chopped **peanuts**.



### Plate and Serve

- Slice the **beef** into thin strips.
- Divide the **noodles** between plates.
- Place the **broccoli onion** mix on top.
- Top with the **beef** strips and drizzle over the **ginger lime** dressing.

**Enjoy!**