

Teriyaki Beef Stir-Fry



Ready in 20 minutes


**SIMPLY
DINNER**

FEEDS 4

– RECIPE BY –

**annabel
langbein™**

What's in the kit

- Annabel's Go To Teriyaki Sauce
- Beef stir-fry
- Broccoli
- Carrot
- Noodles
- Onion

What else you need

- Cooking oil
- Hot water
- Salt and pepper

Optional extras

- Sesame seeds

*Dinner's
in the Bag!*

NET WEIGHT 1705 g



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Teriyaki Beef Stir-Fry



Serves 4



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Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

1 onion
2 carrots
1 head broccoli
3 nests of noodles
2-3 tbsp cooking oil
400g beef stir-fry
¼ tsp salt and pepper, to taste
300g Annabel's Go To Teriyaki Sauce
¼ cup water

Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Bring a large pot of water to a boil.
2. While water heats, thinly slice onion. Halve carrots lengthwise then thinly angle slice. Cut broccoli into florets.
3. Add 3 nests of the noodles and broccoli to boiling water and cook for 2 minutes. Drain and set aside.
4. In a very large frying pan, heat 1 tbsp cooking oil over high heat. Stir-fry the onion and carrots until just tender (about 4 minutes). Transfer to a bowl and set aside.
5. Season beef with salt and pepper. Return the frying pan to a high heat and add a little more cooking oil. Add the beef and stir-fry until just browned (about 5 minutes). You may need to do this in two batches.
6. Return onions and carrots to the pan with the beef. Stir in Annabel's Go To Teriyaki Sauce and ¼ cup water and simmer for 2 minutes. Add broccoli and simmer for 1 more minute to fully heat through.

To Serve

Cover noodles with hot water to loosen and warm through. Drain well then add to the pan and toss through the teriyaki beef and vegetables, or divide evenly between 4 bowls and top with teriyaki beef and vegetables. Enjoy!

Optional

If using sesame seeds, dry-fry over medium-high heat until lightly golden then use to garnish.

ANNABEL'S TIP: Left over noodles are great cooked and added to soups and stir fries.

NUTRITION INFORMATION

Servings per package: 4
Serving size: 400 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2320 kJ	581 kJ
Protein	32.7 g	8.2 g
Fat, total	7.3 g	1.8 g
- saturated	2.5 g	0.6 g
Carbohydrate	82.2 g	20.6 g
- sugars	24.3 g	6.1 g
Sodium	1160 mg	290 mg

Ingredients: Beef Stir-fry (25%), Annabel's Go To Teriyaki Sauce (19%) [Water, sugar, soy sauce (water, salt, soy beans, wheat, alcohol), sake, ginger, thickener (1442), garlic, salt, sesame oil, acetic acid, colour (150c), yeast extract], Noodles [Wheat flour, water, egg, salt], Broccoli, Carrot, Onion.

Contains Egg, Wheat, Gluten, Sesame, Soy

May contain Milk, Tree Nuts, Fish, Peanuts, Crustacea

NUTRITION INFORMATION refers to the packaged meal and **Net Weight** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd.
35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

