

only
good
food.co.nz



sticky sesame beef
with fresh-minted greens
& soba noodles



sticky sesame beef with fresh-minted greens & soba noodles

Preparation time 30 minutes

***Items from home not provided**

kettle – filled & boiled
frying pan
sharp knife
chopping board
tongs
tinfoil
peeler
large pot
sieve

frozen edamame
beef rump steak
courgette
green beans
snow peas
spring onion
mint leaves
green tea noodles
sticky sesame sauce
sesame seeds

Remove the edamame from the freezer.

Step 1: Oil and heat a frying pan over MEDIUM heat. Trim any fat from the beef and season generously with salt and pepper. Add to the frying pan and cook to just under your liking. Remove from the pan and wrap in tinfoil and leave to rest for 5 minutes before slicing against the grain. Remember, the beef will keep cooking while resting, so removing from the pan when underdone is ok.

Step 2: Prepare the vegetables. Wash, and remove the ends from the courgette, then using a peeler, peel lengthways down the courgette to create long ribbons. Trim the ends from the green beans, snow peas, and halve lengthways. Thinly slice the spring onion, diagonally. Coarsely chop the mint leaves, discarding the stems.

Step 3: Using water from the kettle, bring a large pot of lightly salted water to the boil.

Once the beef is resting, add the noodles to the boiling pot water and cook for 4 minutes. When the timer sounds, add the courgette, green beans, snow peas, and edamame and continue to cook for a further 2 minutes. Drain the contents of the pot through a sieve, and shake dry. Return to the pot; drizzle with a small amount of oil (or sesame oil if you enjoy the flavour) to prevent noodles from sticking, then stir through the spring onion and season to taste with salt.

Step 4: Wash and return the frying pan to a very low heat. Add the sticky sesame sauce and slowly warm for 1 – 2 minutes. Return the beef strips, and juices to the pan, turn each slice of beef individually to ensure an even coating in the sauce, then serve immediately. BE CAREFUL - The sauce will catch and burn if the element is too hot.

To serve: Divide the green tea noodles, and greens between plates and top with slices of beef. Spoon the sticky sesame sauce over the beef and noodles, and then scatter with fresh mint and sesame seeds.

Enjoy xx