



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

TERIYAKI BEEF AND UDON NOODLES STIR FRY



PREP
10 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 1 Red Capsicum
- > ½ Shallots Bunch
- > 1 Large Zucchini
- > ½ Wombok Cabbage
- > 400-500g Stir Fry Beef
- > 210ml Teriyaki Sauce
- > 270g Udon Noodles

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Chilli Flakes or Fresh Chilli
- > Sesame Seeds
- > 1 Tbsp Plain Flour

METHOD - GET COOKING!



1

Bring a medium sized pot with salted water to a boil.

Slice the red capsicum into 1cm strips and cut the wombok into 1cm slices. Wash and cut the roots off the shallots and then cut into 3cm batons. Cut the zucchini in half lengthways and then across into 1cm half moons. Set all aside.

2

Bring a large wok or pan to high heat and drizzle some cooking oil. Add the red capsicum and stir fry for 3 minutes. Add the shallots and cook further for 2 minutes until golden. Remove from the wok and set aside.

Drizzle more cooking oil to the wok and sauté the zucchini for approximately 3-4 minutes until golden brown. Remove from wok and set aside. Then stir fry the wombok cabbage for 1 minute and set aside with the rest of the veggies.

3

Drizzle more cooking oil to the pan, add half of the beef strips and stir fry for 3 minutes until golden. Remove from the wok and set aside with the veggies. Repeat with the rest of the meat.

Add all the meat and veggies back to the wok, add the Teriyaki sauce and bring to a boil. Add the flour and mix through. Turn down heat to medium and cook for 10 minutes until thickened.

4

Meanwhile, place the noodles into the boiling water, cook for 2 minutes, drain and toss through the stir fry. Stir fry again for 1 minute

Serve teriyaki beef udon stir fry hot with toasted sesame seeds and chilli.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au