



CREATE THIS MEAL WITH... DAVE'S RECIPE BOX

# TERIYAKI BEEF AND UDON NOODLES STIR FRY





## **INGREDIENTS:**

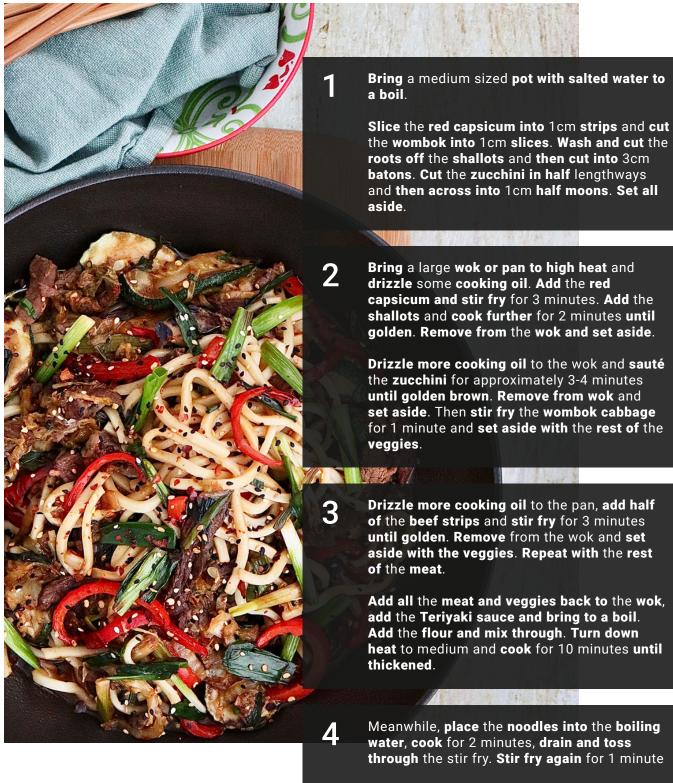
- > 1 Red Capsicum
- > 1/2 Shallots Bunch
- > 1 Large Zucchini
- > 1/2 Wombok Cabbage
- > 400-500g Stir Fry Beef
- > 210ml Teriyaki Sauce
- > 270g Udon Noodles

### WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Sesame Seeds

- > Chilli Flakes or Fresh Chilli
- > 1 Tbsp Plain Flour

# METHOD - GET COOKING!



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!

#### FEEDBACK OR QUESTIONS?

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