



Quick Korean Beef Brisket & Konjac Noodles

with Veggies & Fried Egg

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Brown Onion



Capsicum



Carrot



Konjac Noodles



Sweet Soy Seasoning



Oyster Sauce



Slow-Cooked Beef Brisket



Baby Spinach Leaves



Sesame Seeds



Slow-Cooked Beef Brisket

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart*

*Custom recipe is not Carb Smart

To all who celebrate, here is another noodle night dinner winner! More on the healthier side, konjac noodles are made from the starchy roots of the Chinese konjac plant. Equally tasty when matched with smokey beef brisket, together this duo of flavour will blow your tastebuds away.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Eggs

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
capsicum	1	2
carrot	1	2
konjac noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
eggs*	2	4
sesame seeds	1 medium sachet	1 large sachet
slow-cooked beef brisket**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2212kJ (529Cal)	343kJ (82Cal)
Protein (g)	40.9g	6.3g
Fat, total (g)	26g	4g
- saturated (g)	9g	1.4g
Carbohydrate (g)	33.1g	5.1g
- sugars (g)	25.6g	4g
Sodium (mg)	2616mg	406mg
Dietary Fibre (g)	9.2g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3309kJ (791Cal)	416kJ (99Cal)
Protein (g)	68.4g	8.6g
Fat, total (g)	42.3g	5.3g
- saturated (g)	15.7g	2g
Carbohydrate (g)	34.6g	4.4g
- sugars (g)	25.9g	3.3g
Sodium (mg)	3111mg	392mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped & cook the veggies

- Thinly slice **brown onion**. Roughly chop **capsicum**. Thinly slice **carrot** into sticks. Drain and rinse **konjac noodles**.
- In a small bowl, combine **sweet soy seasoning**, **oyster sauce**, the **honey** and a splash of **water**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **capsicum**, **carrot** and **onion**, until tender, **5-6 minutes**. Transfer to a bowl.

TIP: If your pan is getting crowded, cook in batches for the best results!

3



Fry the eggs

- While beef is cooking, in a second large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**. Season.

2



Cook the beef brisket

- Meanwhile, transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks.
- Return frying pan to high heat and cook **shredded beef**, stirring, until heated through and liquid has evaporated, **4-5 minutes**.
- Reduce heat to medium then add **konjac noodles**, **baby spinach leaves**, **cooked veggies** and **oyster sauce mixture**, tossing, until wilted and combined, **1 minute**. Season to taste.

Custom Recipe: If you've doubled your slow-cooked beef brisket, prepare and cook beef as above, cooking in batches if your pan is getting crowded.

4



Serve up

- Divide Korean beef brisket and konjac noodle stir-fry between bowls.
- Top with a fried egg and sprinkle over **sesame seeds** to serve. Enjoy!

Rate your recipe

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