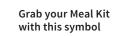


Pulled Beef Brisket Mie Goreng

with Fried Egg, Veggies & Crispy Shallots

NEW

KID FRIENDLY









Egg Noodles







Green Beans

Zucchini



Slow-Cooked



Oyster Sauce

Beef Brisket



Kecap Manis





Chilli Flakes (Optional)



Crispy Shallots



Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
egg noodles	1 packet	2 packets	
carrot	1	2	
zucchini	1	2	
green beans	1 small packet	1 medium packet	
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet	
oyster sauce	1 medium packet	1 large packet	
kecap manis	1 medium packet	2 medium packets	
water*	1/4 cup	½ cup	
eggs*	2	4	
crispy shallots	1 medium sachet	1 large sachet	
chilli flakes ∮ (optional)	pinch	pinch	
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)	3106kJ (742Cal)	576kJ (138Cal)
Protein (g)	47g	8.7g
Fat, total (g)	26.5g	4.9g
- saturated (g)	10.5g	1.9g
Carbohydrate (g)	87.7g	16.3g
- sugars (g)	26.5g	4.9g
Sodium (mg)	2777mg	515mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4203kJ (1005Cal)	609kJ (146Cal)
Protein (g)	74.4g	10.8g
Fat, total (g)	42.8g	6.2g
- saturated (g)	17.2g	2.5g
Carbohydrate (g)	89.2g	12.9g
- sugars (g)	26.8g	3.9g
Sodium (mg)	3272mg	474mg

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





Cook the egg noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse and set aside.
- Meanwhile, thinly slice carrot and zucchini into half-moons.
- Trim and halve green beans.
- Transfer slow-cooked beef brisket, including the liquid, to a bowl and shred with 2 forks.
- In a small bowl, combine oyster sauce, kecap manis and the water.

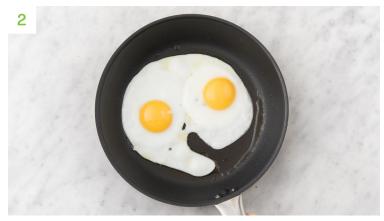
Custom Recipe: If you've doubled your slow-cooked beef brisket, add the extra slow-cooked beef brisket to the bowl and shred with 2 forks.



Cook the veggies & beef

- · Return frying pan to high heat with a drizzle of olive oil.
- Cook carrot, zucchini and green beans, tossing, until tender, 5-6 minutes.
 Transfer to a bowl and season.
- Return frying pan to high heat. Cook shredded beef (no need for oil), stirring, until heated through and liquid has evaporated, 4-5 minutes.

Custom Recipe: Cook beef, as above, in batches for best results.



Fry the eggs

- In a 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 your liking, 4-5 minutes.
- Transfer to a plate, season and cover to keep warm.



Toss the noodles & serve up

- · Reduce frying pan to medium-high heat.
- Return cooked veggies, cooked noodles and oyster sauce mixture to the pan, tossing to combine, 1 minute.
- Divide pulled beef brisket mie goreng between bowls.
- Top with fried egg and crispy shallots. Top with a pinch of chilli flakes (if using) to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

