



Pulled Beef Brisket Mie Goreng

with Fried Egg, Veggies & Crispy Shallots

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Egg Noodles



Carrot



Zucchini



Green Beans



Slow-Cooked Beef Brisket



Oyster Sauce



Kecap Manis



Crispy Shallots



Chilli Flakes (Optional)



Slow-Cooked Beef Brisket

Prep in: 15-25 mins
Ready in: 30-40 mins

Mie Goreng meaning 'fried noodles', is a much-loved Indonesian street speciality that has become a favourite in homes worldwide. Our version includes slow-cooked beef brisket and it delivers the perfect ratio of sweet to salty flavours!

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

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

	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*	¼ 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

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