



BEEF & BOK CHOY NOODLES

with Coriander-Peanut Sauce



Keep your beef tender by frying it in batches so it doesn't stew!



Coriander



Crushed Peanuts



Carrot



Baby Bok Choy



Udon Noodles



Beef Strips



Thai Seven Spice Blend



Mixed Sesame Seeds

Hands-on: **30** mins
Ready in: **35** mins

Thai seven spice is an under-rated blend that includes cumin, lime and lemongrass, and here it lends its savoury flavour to stir-fried beef strips. Finish off the tasty bowl with a fresh coriander and peanut drizzle for a bright boost.

Pantry Staples: Olive Oil, Soy Sauce, Plain Flour, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, small bowl, colander, medium bowl, large frying pan** or **wok** and a **plate**.



1 GET PREPPED

Bring a medium saucepan of water to the boil. Finely chop the **coriander**. In a small bowl, combine the coriander, **crushed peanuts, soy sauce (for the sauce)** and **olive oil (2 tsp for 2 people / 1 tbs for 4 people)**. Stir to combine.

Cut the **carrot** (unpeeled) into 0.5cm half moons. Roughly chop the **baby bok choy**.



4 COOK THE VEG

In a large frying pan or wok, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and cook, stirring occasionally, for **5 minutes** or until softened. Add the **baby bok choy** and cook for a further **2 minutes**, or until wilted. Season with a **pinch of salt** and **pepper** and transfer to a plate.



2 COOK THE NOODLES

Add the **udon noodles (see ingredients list)** to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water.



5 FINISH THE STIR-FRY

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add **1/2 the beef strips** and stir-fry for **1-2 minutes** or until browned. Transfer to a plate and repeat with the remaining beef. Return the beef to the pan along with the **carrot, baby bok choy, honey** and **soy sauce (for the noodles)**. Cook, stirring, for **1 minute**, or until the sauce has thickened slightly. Add the **udon noodles** and toss until heated through.



3 ADD FLAVOUR TO THE BEEF

While the noodles are cooking, toss the **beef strips** in a medium bowl with the **plain flour, Thai seven spice blend** and a **pinch of salt** and **pepper**. Set aside.



6 SERVE UP

Divide the beef and bok choy noodles between bowls and top with the **mixed sesame seeds** and the coriander-peanut sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coriander	1 bunch	1 bunch
crushed peanuts	1 packet	2 packets
soy sauce* (for the sauce)	2 tsp	1 tbs
carrot	1	2
baby bok choy	1 bunch	2 bunches
udon noodles	½ packet	1 packet
beef strips	1 packet	1 packet
plain flour*	1 tbs	2 tbs
Thai seven spice blend	1 sachet	2 sachets
honey*	1 tbs	2 tbs
soy sauce* (for the noodles)	2 tbs	½ cup
mixed sesame seeds	1 sachet	2 sachets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (843Cal)	587kJ (140Cal)
Protein (g)	52.1g	8.7g
Fat, total (g)	19.9g	3.3g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	109.0g	18.1g
- sugars (g)	7.7g	1.3g
Sodium (g)	3108mg	516mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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