

### **CHINESE BEEF & GINGER NOODLES**

It's easy to whip up a tasty stir-fry sauce with our tried-and-true formula including fresh ginger, nutty sesame seeds and a

touch of honey. Use it in this colourful veggie and beef stir-fry that will have the whole family satisfied!

with Crushed Peanuts





Make a stir-fry sauce for noodles!







Asian Greens







**Oyster Sauce** 







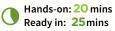
**Beef Strips** 



**Crushed Peanuts** 

Rice Wine Vinegar

Pantry Staples: Olive Oil, Honey, Soy Sauce,





red chilli)

Spicy (optional long

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large saucepan · large frying pan or wok



#### GET PREPPED

Bring a large saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **carrot** (unpeeled). Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Finely grate the **ginger**. In a small bowl, combine the ginger, **oyster sauce**, **honey**, **soy sauce**, **rice wine vinegar**, **sesame seeds** and the **water**.



# 2 COOK THE NOODLES Add the ramen noodles to the saucepan of boiling water and cook until just tender,

**4 minutes**. Drain and refresh under cold water.



### COOK THE BEEF

While the noodles are cooking, heat a drizzle of olive oil in a large frying pan or wok over a high heat. When the oil is hot, add 1/3 of the beef strips with a pinch of salt and cook until browned and cooked through, 1-2 minutes. \*TIP: Cooking the meat in batches over a high heat allows it to brown and develop flavour instead of stewing in the pan. Transfer to a bowl. Repeat with the remaining beef.



COOK THE VEGGIES
Return the frying pan to a mediumhigh heat with a drizzle of olive oil. Add the carrot, broccoli and a splash of water and cook, tossing, until just tender, 3-4 minutes. Add the Asian greens and cook until tender, 1-2 minutes.



**5** BRING IT ALL TOGETHER Add the noodles and the beef strips to the pan with any resting juices and pour in the oyster sauce mixture. Cook, tossing, until thickened slightly and coated, 1-2 minutes.



**SERVE UP**Divide the Chinese beef and ginger noodles between bowls and sprinkle with the **crushed peanuts**. Top the adult portions with the chilli (if using).

#### **ENJOY!**

## INGREDIENTS

	4-5P	
olive oil*	refer to method	
broccoli	1 head	
carrot	1	
Asian greens	1 bunch	
long red chilli (optional)	1	
ginger	2 knobs	
oyster sauce	<b>1 tub</b> (100 g)	
honey*	1 tbs	
soy sauce*	1½ tbs	
rice wine vinegar*	1 tbs	
sesame seeds	1 sachet	
water*	1½ tbs	
ramen noodles	1 packet	
beef strips	1 packet	
crushed peanuts	2 packets	

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2030kJ (485Cal)	501kJ (120Cal)
Protein (g)	45.1g	11.1g
Fat, total (g)	17.8g	4.4g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	34.3g	8.5g
- sugars (g)	13.1g	3.2g
Sodium (g)	1650mg	407mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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