



# Beef & Broccoli Stir-Fry

with Udon Noodles

Grab your Meal Kit with this symbol



Broccoli



Carrot



Capsicum



Ginger



Garlic



Coriander



Long Red Chilli (Optional)



Udon Noodles



Sesame Oil Blend



Oyster Sauce



Beef Strips



Roasted Peanuts

- Hands-on: **20 mins**
- Ready in: **25 mins**
- Spicy (optional long red chilli)

Spice up your night (and your tastebuds!) with this speedy stir-fry sensation that's sure to delight the whole family. Tender beef coated in a ginger-infused marinade is the star of the show, supported by an array of colourful veggies.

### Pantry items

Olive Oil, Honey, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large saucepan · Large frying pan

### Ingredients

|                            | 4-5 People         |
|----------------------------|--------------------|
| olive oil*                 | refer to method    |
| broccoli                   | 1 head             |
| carrot                     | 2                  |
| capsicum                   | 1                  |
| ginger                     | 2 knobs            |
| garlic                     | 3 cloves           |
| coriander                  | 1 bag              |
| long red chilli (optional) | 1                  |
| udon noodles               | 2 packets          |
| sesame oil blend           | 1 tub              |
| honey*                     | 1½ tbs             |
| soy sauce*                 | 2 tbs              |
| oyster sauce               | 1 sachet<br>(100g) |
| water*                     | 2 tbs              |
| beef strips                | 1 packet           |
| roasted peanuts            | 1 packet           |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2350kJ (562Cal) | 495kJ (118Cal) |
| Protein (g)      | 41.9g           | 8.8g           |
| Fat, total (g)   | 16.0g           | 3.4g           |
| - saturated (g)  | 4.2g            | 0.9g           |
| Carbohydrate (g) | 55.1g           | 11.6g          |
| - sugars (g)     | 18.8g           | 4.0g           |
| Sodium (g)       | 2000mg          | 421mg          |

### Allergens

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

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



### 1. Get prepped

Bring a large saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. Finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using).



### 2. Boil the noodles

Add the **udon noodles** to the boiling **water** and cook until tender, **3 minutes**. Drain the **noodles**.



### 3. Make the sauce

While the noodles are boiling, in a medium bowl combine the **ginger, garlic, sesame oil blend, honey, soy sauce, oyster sauce** and **water**.



### 4. Cook the beef

Heat a large frying pan over a high heat with a **drizzle of olive oil**. Add the **broccoli, carrot and capsicum**, and a **splash of water** and cook until tender, **5-6 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/3 of the beef strips** and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.



### 5. Bring everything together

Return the frying pan to a medium-high heat and add the **noodles, veggies, beef** and any resting juices to the pan. Add the **oyster sauce mixture** and toss to coat. Simmer until thickened slightly, **2 minutes**.



### 6. Serve up

Divide the beef and broccoli noodles between plates and top with the **roasted peanuts, coriander** and **chilli** (if using).

**Enjoy!**