



# Easy Ginger & Lemongrass Beef

with Veggies & Vermicelli Noodles



Carrot



Asian Greens



Sweetcorn



Vermicelli Noodles



Beef Strips






Ginger Lemongrass Paste



Oyster Sauce



Coriander

-  Hands-on: **10-20 mins**
-  Ready in: **15-25 mins**
-  Calorie Smart

If you can't go past the lemongrass and ginger combo, this recipe is a must-try. And unlike your go-to takeaway dish, it also happens to be calorie controlled. You're welcome!

## Pantry items

Olive Oil



## 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 frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 bag	2 bags
sweetcorn	1 tin (125g)	1 tin (300g)
vermicelli noodles	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
ginger lemongrass paste	1 packet	2 packets
oyster sauce	1 packet (100g)	2 packets (200g)
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2281kJ (545Cal)	468kJ (111Cal)
Protein (g)	40.6g	8.3g
Fat, total (g)	10.2g	2.1g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	71.3g	14.6g
- sugars (g)	59.1g	12.1g
Sodium (mg)	2734mg	561mg

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](https://www.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

- Boil the kettle.
- Grate **carrot**. Roughly chop **Asian greens**. Drain **sweetcorn**.
- Place **vermicelli noodles** in a large bowl. Add enough **boiling water** to cover the vermicelli, then cover and set aside until tender, **5 minutes**. Drain.

3



## Bring it all together

- Add **oyster sauce** and a pinch of **sugar** to the **veggies**. Stir to combine.
- Return cooked **beef** to the pan and cook, stirring, until bubbling, **30 seconds**.
- Remove from heat, then add the **vermicelli noodles**. Toss to combine.

2



## Cook the beef & veggies

- While the vermicelli are cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.
- Return pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry the **carrot**, **Asian greens**, **corn** and **ginger lemongrass paste** until softened, **2 minutes**.

**TIP:** Cooking the beef in batches over a high heat helps it stay tender.

4



## Serve up

- Divide ginger and lemongrass beef with veggies and vermicelli noodles between bowls.
- Sprinkle with torn **coriander** to serve.

## Enjoy!