

# Easy Ginger & Lemongrass Beef

with Veggies & Vermicelli Noodles

Grab your Meal Kit with this symbol



Carrot



Zucchini



Sweetcorn



Vermicelli Noodles



Beef Strips



Ginger Lemongrass Paste



Oyster Sauce



Sweet Chilli Sauce



Coriander



Beef Strips

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart<sup>^</sup>

With hints of zingy ginger and lemongrass to balance out the sweetness of the sauce, skip the takeaway and make this boldly flavoured beef dish in just four simple steps. Add the finishing touch with a sprinkle of citrusy coriander.



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

### 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
zucchini	1	2
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)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
coriander	1 bag	1 bag
beef strips**	1 small packet	1 medium packet

\*Pantry Items\*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2486kJ (594Cal)	485kJ (115Cal)
Protein (g)	40.6g	7.9g
Fat, total (g)	10.3g	2g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	83.2g	16.2g
- sugars (g)	70.4g	13.7g
Sodium (mg)	2982mg	582mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	507kJ (121Cal)
Protein (g)	72.6g	11.4g
Fat, total (g)	15.8g	2.5g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	83.2g	13.1g
- sugars (g)	70.4g	11g
Sodium (mg)	3042mg	477mg

^ Custom Recipe is not Calorie Smart

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2022 | CW12



## Get prepped

- Boil the kettle.
- Grate **carrot**. Slice **zucchini** into half-moons. . Drain **sweetcorn**.
- Place **vermicelli noodles** in a large bowl. Add enough boiling water to cover **noodles**. Cover and set aside until tender, **3-4 minutes**. Drain.



## Bring it all together

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



## Cook the beef & veggies

- While noodles are soaking, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Stir-fry the **carrot**, **zucchini**, **corn** and **ginger lemongrass paste** until softened, **2 minutes**.

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

### CUSTOM RECIPE

If you've doubled your beef strips, make sure to cook beef in batches for best results.



## Serve up

- Divide sweet chilli beef, veggies and vermicelli noodles between bowls.
- Tear over **coriander**.

## Enjoy!