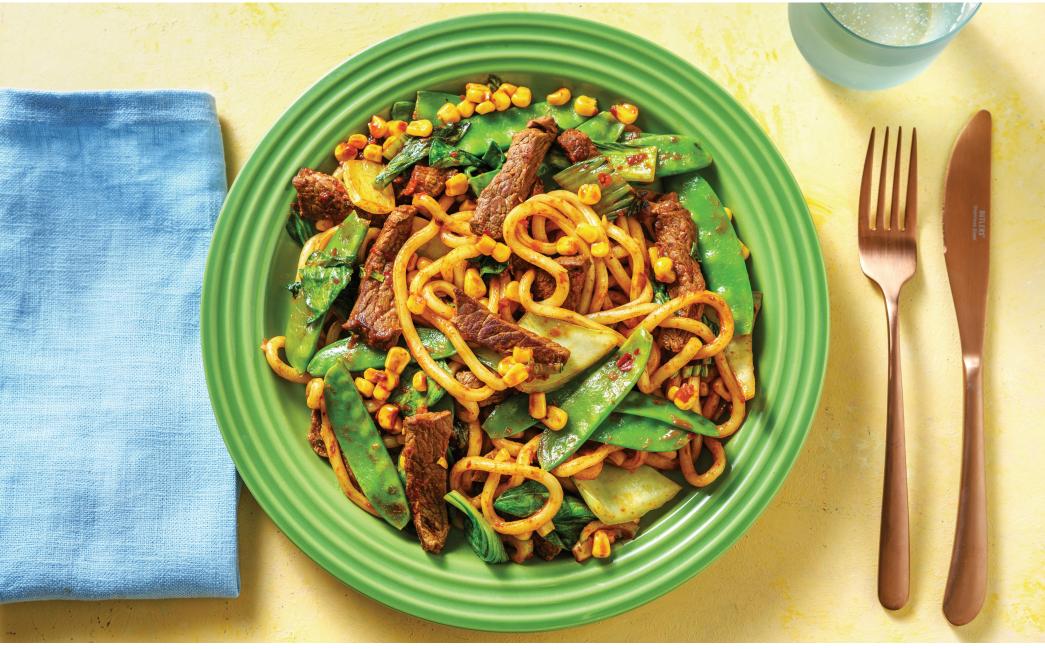




FRESH & FAST Box to plate: 15 mins

Eat me early



Nutrition Per Serving: Energy 2609kJ (623Cal) | Protein 49.9g | Fat, total 16.2g - saturated 4g | Carbohydrate 61.2g - sugars 15.4g | Sodium 1211mg Calorie smart

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Grab your Fresh & Fast

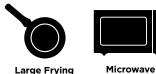
Meal Kit



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'll need

 $(\mbox{along with the basics})$ 



Large Frying Pan

## From the pantry



## From the cool pouch

	2P	4P
Asian Stir-Fry	<b>1 bag</b>	<b>2 bags</b>
Mix	(300g)	(600g)
Beef Strips	1 small pkt	1 medium pkt
Sichuan	<b>1 pkt</b>	<b>2 pkts</b>
Garlic Paste	(80g)	(160g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



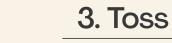
- Heat **olive oil** in a frying pan over medium-high heat
- Add **stir-fry mix** and cook until softened, **3 mins**
- Transfer to a bowl and set aside
- Return pan to high heat with a drizzle of oil. Cook beef and spice blend until browned, 1-2 mins
- Meanwhile, pierce noodle packet and zap in the microwave until steaming, 2 mins

2. Zap

Coriander

Udon Noodles

Chop coriander





1 Carteria

Sichuan Garlic Paste Crispy Shallots

- Add Sichuan paste, noodles and veggie mix to beef
- Toss to combine
- Divide between plates and top with **coriander** and **crispy shallots**





