



# SPEEDY SWEET CHILLI BEEF NOODLES

with Ginger & Asian Greens



Tenderise beef with a ginger-sweet chilli marinade



Ginger



Garlic



Red Capsicum



Carrot



Asian Greens



Spring Onion



Beef Strips



Sweet Chilli Sauce



Udon Noodles

Hands-on: 20 mins  
Ready in: 30 mins

Low calorie

This super speedy, super colourful bowl of saucy noodles couldn't be simpler – it's just the thing for those nights when you need dinner on the table ASAP!

**Pantry Staples:** Olive Oil, Brown Sugar, Soy Sauce



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, fine grater, medium bowl, small bowl, colander, large wok or frying pan** and a **plate**.



### 1 MARINATE THE BEEF

Finely grate the **ginger**. Finely grate the **garlic**. Place the **beef strips** in a medium bowl. In a separate small bowl, combine the ginger, garlic, **sweet chilli sauce, brown sugar** and **soy sauce**. Pour **1/4** of the **ginger-sweet chilli sauce** over the beef strips, toss to coat and set aside to marinate.

**TIP:** If you have the time, allow the beef to marinate for at least **10 minutes** for maximum flavour and tenderness.



### 2 GET PREPPED

While the beef is marinating, bring a large saucepan of water to the boil. Slice the **red capsicum** into 0.5cm strips. Slice the **carrot** (unpeeled) into 0.5cm discs. **TIP:** Cut the veggies to the correct size to ensure they cook in the allocated time. Roughly chop the **Asian greens**. Thinly slice the **spring onion**.



### 3 COOK THE NOODLES

Add the **udon noodles** to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water.



### 4 COOK THE BEEF

While the noodles are cooking, heat a **drizzle** of **olive oil** in a large wok or frying pan over a high heat. Once hot, add **1/2** the **beef strips** and cook for **1-2 minutes**, or until browned. Transfer to a plate and repeat with the remaining beef. **TIP:** Cooking the beef in batches keeps it tender and stops it from stewing in the pan.



### 5 BRING IT ALL TOGETHER

Return the large wok or pan to a high heat and add a **drizzle** of **olive oil**. Add the **red capsicum** and **carrot** and stir-fry for **2-3 minutes**, or until just tender. Add the **Asian greens** and the **remaining ginger-sweet chilli sauce** and cook for **1 minute**, or until just wilted. Remove the pan from the heat and add the **noodles** and **beef strips**. Toss together until well combined.



### 6 SERVE UP

Divide the speedy sweet chilli beef noodles between bowls and sprinkle the spring onion over the adults' portions.

**TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
ginger	1 knob
garlic	1 clove
beef strips	1 packet
sweet chilli sauce	2 tubs (100 g)
brown sugar*	1 1/2 tsp
soy sauce*	1/2 cup
red capsicum	1
carrot	1
Asian greens	1 bunch
spring onion	1 bunch
udon noodles	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (538Cal)	613kJ (147Cal)
Protein (g)	40.5g	11.0g
Fat, total (g)	11.4g	3.1g
- saturated (g)	3.5g	1.0g
Carbohydrate (g)	64.9g	17.7g
- sugars (g)	14.8g	4.0g
Sodium (g)	2350mg	640mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.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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