

## **SWEET CHILLI BEEF STIR-FRY**

with Udon Noodles & Rainbow Veggies





## **JUST TO LET** YOU KNOW!

Due to recent hot weather, this week's **snow peas** weren't as fresh as we'd like so we've replaced them with **zucchini**. Don't worry, the recipe will be just as delicious!







Ginger



**Beef Strips** 





**Udon Noodles** 



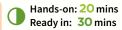
Sauce

**Red Capsicum** 





Pantry Staples: Olive Oil, Brown Sugar, Soy Sauce





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!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· large saucepan · large wok or frying pan



## MARINATE THE BEEF

Bring a large saucepan of water to the boil. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. Place the **beef strips** in a medium bowl. In a small bowl, combine the garlic, ginger, **sweet chilli sauce**, **brown sugar** and **soy sauce**. Pour **2 tbs** of the ginger-sweet chilli sauce mixture 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 to add flavour and increase tenderness.



2 COOK THE NOODLES
While the beef is marinating, add the udon noodles to the boiling water and cook until just tender, 8-10 minutes. Drain and refresh under cold water.



PREP THE VEG

While the noodles are cooking, thinly slice the **red capsicum** into strips. Thinly slice the **carrot** (unpeeled) into discs. Thinly slice the **zucchini** into half moons.



COOK THE BEEF
In a large wok or frying pan, heat a
drizzle of olive oil over a high heat. Once the
oil is hot, add 1/2 the beef strips and cook
until browned, 1-2 minutes. Transfer to a
plate and repeat with the remaining beef.
TIP: Cooking the beef in batches helps it stay
tender and stops it stewing.



Seturn the large wok or pan to a high heat and add a drizzle of olive oil. Add the capsicum, carrot and zucchini and stir-fry until just tender, 3-4 minutes. Add the udon noodles and beef strips and cook until heated through, 1 minute. Remove the pan from the heat and stir through the remaining gingersweet chilli sauce mixture.



**SERVE UP**Divide the sweet chilli beef and noodle stir-fry between bowls.

**ENJOY!** 

## INGREDIENTS

	7
	4-5P
olive oil*	refer to method
garlic	1 clove
ginger	1 knob
beef strips	1 packet
sweet chilli sauce	1 tub (100 g)
brown sugar*	1½ tsp
soy sauce*	¼ cup
udon noodles	1 packet
red capsicum	1
carrot	1
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\*Pantry Items

Substitute Item

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	603kJ (144Cal)
Protein (g)	41.1g	10.8g
at, total (g)	11.5g	3.0g
saturated (g)	3.5g	0.9g
Carbohydrate (g)	67.1g	17.6g
sugars (g)	16.5g	4.3g
Sodium (g)	2350mg	615mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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