



# 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!



Garlic



Ginger



Beef Strips



Sweet Chilli Sauce



Udon Noodles



Red Capsicum



Carrot



Zucchini



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** first! Along with basic cooking tools, you will use:  
• **large saucepan** • **large wok** or **frying pan**



### 1 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.



### 4 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.



### 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.



### 5 COMBINE THE INGREDIENTS

Return 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 ginger-sweet chilli sauce mixture**.



### 3 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.



### 6 SERVE UP

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

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	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
zucchini	2

\*Pantry Items

☀️ Substitute Item

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	603kJ (144Cal)
Protein (g)	41.1g	10.8g
Fat, 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](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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