



# TERIYAKI BEEF & NOODLE STIR-FRY

with Sesame Seeds & Coriander



Make a speedy  
beef stir-fry



Beef Strips



Teriyaki Sauce



Udon Noodles



Carrot



Red Capsicum



Broccoli



Coriander



Sesame Seeds

Hands-on: 30 mins  
Ready in: 30mins

A quick family meal is within reach with this combination of a speedy teriyaki sauce, satisfying udon noodles and thinly sliced beef strips. Add colourful veggies for a taste of the rainbow and stir-fry your way to happiness!

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

# BEFORE YOU START

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

- **medium saucepan** • **large frying pan**



## 1 MARINATE THE BEEF

Bring a medium saucepan of water to the boil. In a medium bowl, place the **beef strips** and **1/2 of 1 teriyaki sauce** sachet. Toss to coat and set aside to marinate.



## 2 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.



## 3 PREP THE VEG

Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **red capsicum**. Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **coriander**.



## 4 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a small bowl. Return the pan to a high heat with a **drizzle of olive oil**. Add the **carrot, red capsicum, broccoli** and a **dash of water** and cook, stirring, for **5-6 minutes** or until just tender. Transfer to a plate.



## 5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle more olive oil**. Add **1/2 the beef strips** and cook, tossing, for **1-2 minutes** or until browned. Transfer to a plate and repeat with the remaining beef strips. Add the drained **udon noodles, veggies, soy sauce** and the **remaining 1 1/2 teriyaki sauce** sachets to the frying pan. Bring to a simmer, then toss through the beef strips and any **resting juices**.



## 6 SERVE UP

Divide the teriyaki beef noodles between plates and top the adult portions with the toasted sesame seeds and coriander.

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

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
beef strips	1 packet
teriyaki sauce	2 sachets (260 g)
udon noodles	1 packet
carrot	1
red capsicum	1
broccoli	1 head
coriander	1 bunch
sesame seeds	1 sachet
soy sauce*	1 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2460kJ (587Cal)	573kJ (137Cal)
Protein (g)	44.7g	10.4g
Fat, total (g)	11.8g	2.8g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	69.3g	16.2g
- sugars (g)	18.5g	4.3g
Sodium (g)	2770mg	646mg

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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