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WK02
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Vietnamese Beef & Sweet Chilli Noodle Bowl

Vietnamese, with its winning combination of sweetness, spice and loads of freshness, is just perfect for lazy summer supping. This bowl is brimming with tasty flavours, but our favourite part is the crunchy cashew nuts on top. Yum!



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



high protein



lactose free

Pantry Items



Olive Oil



Soy-Reduced Soy Sauce



Rice Stick Noodles



Lime



Sweet Chilli Sauce



Beef Mince



Garlic



Warm Water



Ginger



Green Beans



Carrot



Mint



Spring Onion



Roasted Cashews

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2P	4P	Ingredients
1/3 packet	2/3 packet	rice stick noodles (note: extra will alter flavour)
1 tbs	2 tbs	olive oil *
1	2	lime, juiced
1 sachet	2 sachets	sweet chilli sauce
1 1/2 tbs	3 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	warm water *
1 packet	2 packets	beef mince
1 clove	2 cloves	garlic, peeled & finely grated
1 knob	2 knobs	ginger, peeled & finely grated
1 packet	2 packets	green beans, ends trimmed & halved
1	2	carrot, peeled & grated
1 bunch	2 bunches	mint, leaves picked
1 bunch	2 bunches	spring onion, finely sliced
1 packet	2 packets	roasted cashews

⊕ Ingredient features in another recipe

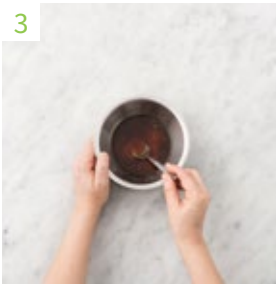
* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2960	Kj
Protein	36.7	g
Fat, total	24.6	g
-saturated	6.3	g
Carbohydrate	80.4	g
-sugars	27.2	g
Sodium	933	mg

3



You will need: chef's knife, chopping board, fine grater, box grater, kettle, large bowl, sieve, small bowl and medium frying pan.

1 Bring a full kettle of water to the boil.

2 Place the **rice stick noodles** in a large bowl. Pour over the boiling water from the kettle. Set aside for **10 minutes**, or until the noodles have softened completely. Drain and return to the bowl. Drizzle with a little **olive oil** to keep them from sticking.

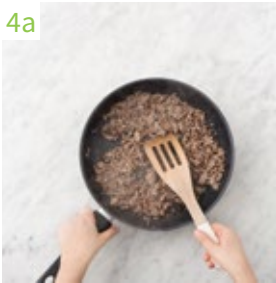
Note: Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!

3 Meanwhile, combine the **lime juice**, **sweet chilli sauce**, **salt-reduced soy sauce** and **warm water** in a small bowl. Set aside.

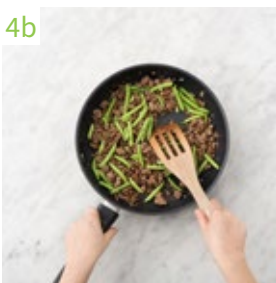
4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Cook the **beef mince** for **4-5 minutes**, or until browned. Add the **garlic**, **ginger** and **green beans**. Cook for a further **4-5 minutes**, or until the beans are cooked. Remove from the heat.

5 To serve, divide the rice noodles, **carrot**, beef mince and vegetables between bowls. Top with fresh **mint**, **spring onion** and **roasted cashews**. Drizzle over the sweet chilli sauce mixture and stir to coat the ingredients. Enjoy!

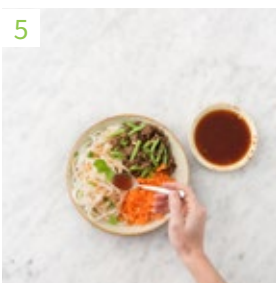
4a



4b



5



Did you know? Ginger originated in south-eastern Asia.