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Beef Chow Mein

Chow Mein has got to be the runaway success dish of the Chinese takeaway restaurant worldwide so we thought we'd teach you how to make your own version at home! Fresh zingy veggies are studded through this meal – and it's absolutely packed with flavour. Perfect for a mid-week pick me up.



Prep: 15 mins Cook: 15 mins Total: 30 mins



level 1





Beef Mince



Chinese 5 Spice



Garlic



Ginger











Snow Peas

Spring Onions

2P	4P	Ingredients
100 g	200 g	vermicelli noodles
3 tbs	6 tbs	vegetable oil *
200 g	400 g	beef mince
1/2 tsp	1 tsp	HelloFresh Chinese 5 spice
2	4	garlic cloves, peeled & crushed 🔀
1 knob	2 knob	ginger, peeled & grated
1	2	long chilli, diced 🕀
1/2 head	1 head	broccoli, florets separated 🕀
100 g	200 g	red cabbage, shredded A
100 g	200 g	snow peas, trimmed & sliced diagonally
2 tbs	4 tbs	soy sauce *
1 tbs	2 tbs	sesame oil *
1 tbs	2 tbs	brown sugar * (optional)
1 bunch	2 bunches	spring onions, thinly sliced

- May feature in another recipe
 - * Good to have at home

Nutrition per serving

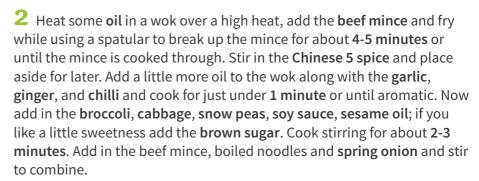
Energy	2320	K
Protein	57.3	g
Fat, total	22.6	g
-saturated	6.5	g
Carbohydrate	24.5	g
-sugars	4.3	g

Measuretool

) cm	1cm	2 cm
1		



1 Bring a pot of salted water to the boil and then add in the vermicelli noodles; cook for 3-4 minutes or until just cooked through. Strain and refresh the noodles with cold water. Roughly chop the noodles into short lengths with scissors or a knife and reserve for later.





3 Divide the beef chow mein between serving bowls .





Did you know? Headache after a long day? Good news! The lactic acid in cabbage lowers stress and promotes relaxation, giving you some relief from your headache - eat up!