



Everything  
But The Chef

hello@hellofresh.com.au | 02 81 888 722  
HelloFresh.com.au



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## Saucy Beef Noodles

Forget the sticky, greasy take-away noodle dishes you've tried in the past, and welcome these noodles into your life! This dish is a healthier option but tastes just as authentic. It is best enjoyed by finding yourself some chopsticks and a bowl with high sides - get comfy and get slurpin'. We've tested it and it's official - these noodles are so morish and saucy that you won't be able to resist.

**Prep:** 10 mins  
**Cook:** 15 mins  
**Total:** 25 mins  
 level 1  
 lactose free  
 nut free

### Pantry Items



Soy Sauce Vegetable Oil



Rice Stick Noodles



Oyster Sauce



Garlic



Ginger



Beef Strips



Spring Onions



Carrots



Broccoli



Long Red Chilli

Qty	Ingredients
⅔ packet	rice stick noodles
4 tbs	oyster sauce
1 tbs	salt-reduced soy sauce *
2 tbs	vegetable oil *
1 tbs	water *
1 clove	garlic, peeled & crushed
1 knob	ginger, peeled & finely grated
500 g	beef strips
½ bunch	spring onions, finely sliced
2	carrots, peeled & cut into matchsticks
1 head	broccoli, cut into small florets
1	long red chilli, sliced

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per 100 g

Energy	538	Kj
Protein	9.3	g
Fat, total	2.5	g
-saturated	0.8	g
Carbohydrate	16.3	g
-sugars	2.6	g
Sodium	372	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chopping board, chef's knife, garlic crusher, grater, vegetable peeler, large saucepan/pot, colander, small bowl, medium bowl, and a large wok/frying pan.*

**1** Bring a large pot of salted water to the boil. Add the **rice stick noodles** and cook according to the packet directions. Drain and refresh under cold water.



**2** Combine the **oyster sauce**, **salt-reduced soy sauce**, half of the **vegetable oil**, water, **garlic** and **ginger** together in a small bowl.

**Optional:** Season generously with cracked **black pepper** if you like. Set aside.

**3** Heat some of the remaining vegetable oil in a large wok or frying pan over a medium-high heat. Cook the **beef strips** in three batches, stirring, for **1-2 minutes** or until browned. Remove the beef from the pan and set aside.



**4** Add a dash of vegetable oil (if needed) to the same wok or frying pan and add the **spring onions**, **carrots** and **broccoli**. Cook stirring for **1-2 minutes**. Add the soy sauce mixture, beef and noodles and cook tossing, until everything is heated through.

**5** To serve, divide the saucy beef noodles between plates. Adults and brave children may like to garnish with some fresh **long red chilli**.



**Did you know?** Oyster sauce was discovered by accident in 1888, when a chef lost track of time cooking oysters. He discovered a thick brownish sauce had developed when leaving them to cook for too long!