



Everything But The Chef

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

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

WK49
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Family Sizzling Beef Noodle Stir Fry

It's time to put the grim memories of greasy takeaway noodles staining the front of your shirt behind you, 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 moreish and saucy that you won't be able to resist.

Prep: 10 mins

Cook: 15 mins

Total: 25 mins



helping hands

Pantry Items



Soy Sauce



Hot Water



Vegetable Oil



Thin Noodles



Hoisin Sauce



Ginger



Garlic



Beef Strips



Carrot



Spring Onions



Bok Choy

Qty	Ingredients	
4 nests	thin noodles	
1/3 cup	hoisin sauce	
1 1/2 tbs	salt-reduced soy sauce *	
1 knob	ginger, peeled & finely grated	A ⊕
2 cloves	garlic, peeled & crushed	⊕
1 tbs	hot water *	
1 tbs	vegetable oil *	
500 g	beef strips	
2	carrots, peeled & cut into matchsticks	
1/2 bunch	spring onions, sliced	⊕
4-6	bok choy, quartered lengthways	

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	2240	Kj
Protein	37.7	g
Fat, total	11.2	g
-saturated	3.4	g
Carbohydrate	67.9	g
-sugars	19.6	g
Sodium	1080	mg



You will need: *chef's knife, chopping board, fine grater, garlic crusher, large pot, colander, small bowl, large wok or frying pan, and a fork.*

- 1 Bring a large pot of salted water to the boil. Add the **thin noodle nests** to the water and cook for **3-4 minutes**. Use a fork to separate the noodles. Drain and set aside.
- 2 Meanwhile, in a small bowl combine the **hoisin sauce, salt-reduced soy sauce, ginger, garlic and hot water**. Set aside.
- 3 Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **beef strips** in two batches and stir fry for **1-2 minutes** or until brown. Set aside.
- 4 Place the same wok over a medium-high heat. Add a splash of vegetable oil if needed. Add the **carrot, spring onion and bok choy** and stir fry for **1 minute**. Add the hoisin sauce mixture to the wok with the noodles and the beef. Stir fry for **1-2 minutes** or until heated through and well combined.
- 5 Divide the beef noodles between bowls and enjoy!

Did you know? Stir frying vegetables preserves more nutrients and antioxidants as opposed to steaming or boiling!