



Lemon Pepper Beef & Sichuan Garlic Konjac Noodles

with Veggies & Crushed Peanuts

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beef Strips



Lemon Pepper Seasoning



Konjac Noodles



Baby Spinach Leaves



Sichuan Garlic Paste



Crushed Peanuts



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

In just 4 easy steps, whip up a tasty beef bowl, perfect for noodle night. You've got your carrot, zucchini and spinach in the veggie department and ginger beef in your protein department, all the perfect accompaniments for Sichuan konjac noodles. Don't forget some peanuts for crunch!

Carb Smart

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Low Sodium Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
beef strips	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
konjac noodles	1 medium packet	2 medium packets
baby spinach leaves	1 small bag	1 medium bag
low sodium soy sauce*	1 tbs	2 tbs
Sichuan garlic paste	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet 2 small packets
beef strips**	1 small packet	OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1681kJ (402Cal)	315kJ (75Cal)
Protein (g)	37.1g	6.9g
Fat, total (g)	17g	3.2g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	23.1g	4.3g
- sugars (g)	17.5g	3.3g
Sodium (mg)	1224mg	229mg
Dietary Fibre (g)	6g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2451kJ (586Cal)	372kJ (89Cal)
Protein (g)	66.7g	10.1g
Fat, total (g)	24.2g	3.7g
- saturated (g)	7.3g	1.1g
Carbohydrate (g)	23.2g	3.5g
- sugars (g)	17.5g	2.7g
Sodium (mg)	1292mg	196mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the veggies

- Thinly slice **carrot** and **zucchini** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**. Season. Transfer to a bowl.

TIP: Add a splash of water to help speed up the cooking process.

3



Bring it all together

- Remove frying pan from heat and add **cooked vegetables**, **baby spinach leaves**, **noodles**, a drizzle of the **low sodium soy sauce** and **Sichuan garlic paste**.
- Toss to combine and season.

2



Cook the beef

- Return frying pan to high with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Add **lemon pepper seasoning** and return all cooked beef to the pan, tossing to combine, **1 minute**. Season.
- Meanwhile, drain and rinse **konjac noodles**.

TIP: Cooking the meat in batches over high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook in batches for best results!

4



Serve up

- Divide beef and Sichuan garlic konjac noodles with veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

Rate your recipe

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