



# Sichuan Ginger Beef, Broccoli & Asian Greens

with Konjac Noodles & Crushed Peanuts

KID FRIENDLY

DIETITIAN APPROVED

BESTSELLER

Grab your Meal Kit with this symbol



Carrot



Baby Broccoli



Asian Greens



Beef Strips



Ginger Paste



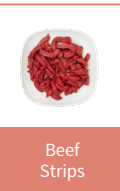
Konjac Noodles



Sichuan Garlic Paste



Crushed Peanuts



Beef Strips

Prep in: 15-25 mins  
Ready in: 20-30 mins

Carb Smart

Dinnertime calls for these slurp-tastic konjac noodles and for good reason too. We couldn't keep this recipe a secret, especially not when there is tasty broccoli, Asian greens and carrot doused in a Sichuan ginger paste on the menu. It's just that good!

**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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
baby broccoli	1 bunch	2 bunches
Asian greens	1 bag	2 bags
beef strips	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
konjac noodles	1 medium packet	2 medium packets
<b>low sodium soy sauce*</b>	1 tbs	2 tbs
Sichuan garlic paste	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1768kJ (423Cal)	301kJ (72Cal)
Protein (g)	38g	6.5g
Fat, total (g)	18.6g	3.2g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	22.9g	3.9g
- sugars (g)	17.1g	2.9g
Sodium (mg)	972mg	165mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2539kJ (607Cal)	356kJ (85Cal)
Protein (g)	67.6g	9.5g
Fat, total (g)	25.9g	3.6g
- saturated (g)	7.4g	1g
Carbohydrate (g)	22.9g	3.2g
- sugars (g)	17.1g	2.4g
Sodium (mg)	1041mg	146mg

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](https://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



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## Cook veggies

- Thinly slice **carrot** into half-moons.
- Trim **baby broccoli** and cut into thirds.
- Roughly chop **Asian greens**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**. Season. Transfer to a bowl.

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

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## Bring it all together

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

2



## Cook beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**.
- Add **ginger paste** 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.

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## Serve up

- Divide Sichuan ginger beef, baby broccoli and Asian greens between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)