

Quick Garlic-Soy Beef Noodle Stir-Fry

with Capsicum, Coriander & Crushed Peanuts

Grab your Meal Kit with this symbol



Capsicum



Carrot



Egg Noodles



Beef Strips



Garlic Paste



Char Siu Paste



Baby Spinach Leaves



Coriander



Crushed Peanuts




Beef Strips

Recipe Update

Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

 **Calorie Smart***
**Custom recipe is not Calorie Smart*

Step away from greasy and oily takeaway noodles and step into this easy, fuss-free dish, that is sure to cure those late-night noodle cravings. With garlic-soy beef and bright veggies, all you need to do is to grab some chopsticks.

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

Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
egg noodles	1 medium packet	2 medium packets
beef strips	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
char siu paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag
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)	2400kJ (574Cal)	532kJ (127Cal)
Protein (g)	40.2g	8.9g
Fat, total (g)	13.5g	3g
- saturated (g)	5.1g	1.1g
Carbohydrate (g)	80.7g	17.9g
- sugars (g)	26.4g	5.9g
Sodium (mg)	1419mg	315mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3171kJ (757Cal)	551kJ (131Cal)
Protein (g)	69.8g	12.1g
Fat, total (g)	20.7g	3.6g
- saturated (g)	8.2g	1.4g
Carbohydrate (g)	80.7g	14g
- sugars (g)	26.4g	4.6g
Sodium (mg)	1487mg	258mg

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



Get prepped & cook the noodles

- Bring a medium saucepan of water to the boil.
- Roughly chop **capsicum**.
- Thinly slice **carrot** into half-moons.
- Add **egg noodles** to boiling water and cook, stirring occasionally with a fork to separate, until tender, **6-8 minutes**.
- Drain, rinse with cool water and set aside.

3



Bring it all together

- Return pan to high heat with a drizzle of **olive oil**.
- Cook **capsicum** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and cook for **1 minute**.
- Add **cooked noodles**, **char siu paste**, the **soy sauce**, **baby spinach leaves** and **cooked beef** to pan and cook, tossing occasionally, until spinach is wilted, **1-2 minutes**.

2



Cook the beef

- While noodles are cooking, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**.
- Season with **salt** and **pepper**. Transfer to a plate.

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

Custom Recipe: If you've doubled your beef strips, cook beef strips in batches, the same way as above.

4



Serve up

- Divide garlic-soy beef noodle stir-fry with capsicum between bowls.
- Tear over **coriander**. Top with **crushed peanuts** to serve. Enjoy!

Rate your recipe

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