



# Easy Lemon Pepper Beef & Sichuan Konjac Noodles with Veggies & Crispy Shallots

KID FRIENDLY

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beef Strips



Lemon Pepper Seasoning



Konjac Noodles



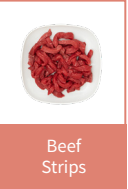
Baby Spinach Leaves



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

### Recipe Update

Unfortunately, this week's crushed peanuts were in short supply, so we've replaced them with crispy shallots. 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

\*Custom Recipe is not Dietitian Approved

Carb Smart

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 lemon pepper beef in your protein department, all the perfect accompaniments for Sichuan konjac noodles. Don't forget some crispy shallots for crunch!

**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
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
<b>low sodium soy sauce*</b>	1 tbs	2 tbs
Sichuan garlic paste	1 packet	2 packets
crispy shallots	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)	1650kJ (394Cal)	311kJ (74Cal)
Protein (g)	37g	7g
Fat, total (g)	16.9g	3.2g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	21.6g	4.1g
- sugars (g)	16.5g	3.1g
Sodium (mg)	989mg	186mg
Dietary Fibre (g)	6g	1.1g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2420kJ (578Cal)	369kJ (88Cal)
Protein (g)	66.5g	10.1g
Fat, total (g)	24.2g	3.7g
- saturated (g)	7.3g	1.1g
Carbohydrate (g)	21.7g	3.3g
- sugars (g)	16.5g	2.5g
Sodium (mg)	1057mg	161mg
Dietary Fibre (g)	6g	0.9g

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 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.

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## 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 beef in batches for best results!

4



## Serve up

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

**Little cooks:** Add the finishing touch by sprinkling over the **crispy shallots**!

## 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)