

Easy Sweet Chilli Beef & Noodle Stir-Fry with Veggies & Crushed Peanuts

Grab your Meal Kit with this symbol











Corn Kernels



Egg Noodles



Beef Strips







Oyster Sauce



Sweet Chilli





Crushed Peanuts



Prep in: 10-20 mins Ready in: 15-25 mins

A zap of ginger, a splash of oyster sauce and for the final ingredient in our flavour potion, a good swig of sweet chilli sauce. Sit back and watch as a delicious dinner comes to life before your eyes, with this beef strips and noodle stir-fry being irresistible to anyone who takes a bite.

Pantry items Olive Oil

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
Asian greens	1 bag	2 bags		
corn kernels	1 small tin	2 small tins		
egg noodles	1 packet	2 packets		
beef strips	1 small packet	2 small packets OR 1 large packet		
salt*	1/4 tsp	½ tsp		
ginger lemongrass paste	1 packet	2 packets		
oyster sauce	1 medium packet	1 large packet		
sweet chilli sauce	1 medium packet	2 medium 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)	2762kJ (660Cal)	587kJ (140Cal)
Protein (g)	42.8g	9.1g
Fat, total (g)	16.9g	3.6g
- saturated (g)	4.6g	1g
Carbohydrate (g)	82.4g	17.5g
- sugars (g)	23.7g	5g
Sodium (mg)	2615mg	556mg

Custom Recipe

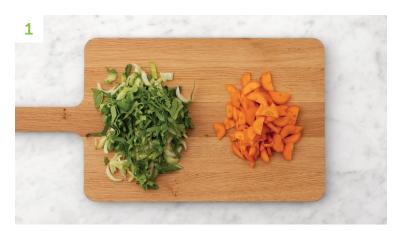
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3544kJ (847Cal)	595kJ (142Cal)
Protein (g)	72.2g	12.1g
Fat, total (g)	24.5g	4.1g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	82.4g	13.8g
- sugars (g)	23.7g	4g
Sodium (mg)	2685mg	451mg

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.



Get prepped

- · Boil the kettle.
- Cut carrot into half-moons.
- · Roughly chop Asian greens.
- Drain corn kernels.
- Half-fill a medium saucepan with boiling water. Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- · Drain, rinse and set aside.



Bring it all together

- Add oyster sauce, sweet chilli sauce and a dash of water to veggies. Toss
 to combine.
- Return **cooked beef** to pan and cook, stirring, until bubbling, **30 seconds**.
- Remove from heat, then add egg noodles. Toss to combine.



Cook the beef & veggies

- While the noodles are cooking, heat a large frying pan over high heat with a
 drizzle of olive oil. When oil is hot, cook beef strips and the salt, in batches,
 tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.
- Return pan to medium-high heat with a drizzle of olive oil. Cook carrot, tossing, until softened, 2-3 minutes. Add Asian greens, corn and ginger lemongrass paste and cook, tossing, until softened, 2 minutes.

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 the best results.



Serve up

- Divide ginger and lemongrass beef with veggies and egg noodles between bowls.
- Top with **crushed peanuts** to serve. Enjoy!



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