



# Easy Asian BBQ Beef & Sichuan Konjac Noodles

with Veggies & Crushed Peanuts

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beef Strips



Asian BBQ Seasoning



Konjac Noodles



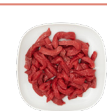
Baby Spinach Leaves



Sichuan Garlic Paste



Crushed Peanuts



Beef Strips

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

Carb Smart

**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

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<br>OR 1 large packet |
| Asian BBQ 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>soy sauce*</b>    | ½ tbs           | 1 tbs                                |
| Sichuan garlic paste | 1 packet        | 2 packets                            |
| crushed peanuts      | 1 medium packet | 1 large packet                       |
| beef strips**        | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 1813kJ (433Cal) | 313kJ (75Cal) |
| Protein (g)      | 40.6g           | 7g            |
| Fat, total (g)   | 17.9g           | 3.1g          |
| - saturated (g)  | 4.5g            | 0.8g          |
| Carbohydrate (g) | 25.3g           | 4.4g          |
| - sugars (g)     | 17.8g           | 3.1g          |
| Sodium (mg)      | 1624mg          | 280mg         |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2595kJ (620Cal) | 369kJ (88Cal) |
| Protein (g)      | 70.1g           | 10g           |
| Fat, total (g)   | 25.5g           | 3.6g          |
| - saturated (g)  | 7.7g            | 1.1g          |
| Carbohydrate (g) | 25.4g           | 3.6g          |
| - sugars (g)     | 17.8g           | 2.5g          |
| Sodium (mg)      | 1694mg          | 241mg         |

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



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**, the **low sodium soy sauce** and **Sichuan garlic paste**.
- Toss to combine and season.

2



## Cook the beef

- Return frying pan to high heat 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 **Asian BBQ 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 the best results!

4



## Serve up

- Divide Asian BBQ beef and Sichuan konjac noodles with veggies 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)