



# Sweet Chilli Beef & Noodle Stir-Fry

with Veggies & Crushed Peanuts

Grab your Meal Kit with this symbol



Carrot



Asian Greens



Sweetcorn



Egg Noodles



Beef Strips



Ginger Lemongrass Paste



Oyster Sauce



Sweet Chilli Sauce



Crushed Peanuts



Beef Strips

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.

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

**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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
Asian greens	1 bag	2 bags
sweetcorn	1 tin (125g)	1 tin (300g)
egg noodles	1 packet	2 packets
beef strips	1 small packet	2 small packets OR 1 large packet
<b>salt**</b>	¼ tsp	½ tsp
ginger	1 packet	2 packets
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)	2691kJ (643Cal)	587kJ (140Cal)
Protein (g)	42.4g	9.3g
Fat, total (g)	16.9g	3.7g
- saturated (g)	4.6g	1g
Carbohydrate (g)	78.6g	17.2g
- sugars (g)	21.2g	4.6g
Sodium (mg)	2028mg	443mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	596kJ (142Cal)
Protein (g)	71.9g	12.3g
Fat, total (g)	24.5g	4.2g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	78.6g	13.5g
- sugars (g)	21.2g	3.6g
Sodium (mg)	2098mg	360mg

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



## Get prepped

- Boil the kettle.
- Cut **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Drain **sweetcorn**.
- 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!

## Rate your recipe

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