



# Easy Sweet-Soy Beef & Sichuan Garlic Noodles

with Veggies & Crushed Peanuts

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Baby Broccoli



Zucchini



Pea Pods



Beef Strips



Sweet Soy Seasoning



Konjac Noodles



Sichuan Garlic Paste



Crushed Peanuts



Beef Strips

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

Carb Smart

In just 4 easy steps, whip up a tasty beef bowl, perfect for noodle night. You've got your zucchini, broccoli and pea pods in the veggie department and ginger beef strips in your protein department, all the perfect accompaniments for Sichuan konjac noodles. Don't forget some peanuts 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
baby broccoli	1 bunch	2 bunches
zucchini	1	2
pea pods	1 small bag	1 medium bag
beef strips	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
konjac noodles	1 medium packet	2 medium packets
<b>low sodium 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 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
Dietary Fibre (g)	6.4g	1.1g

## 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
Dietary Fibre	6.4g	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

- Trim and halve **baby broccoli**.
- Thinly slice **zucchini** into half-moons.
- Trim and roughly chop **pea pods**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **baby broccoli, zucchini** and **pea pods**, 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, konjac 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 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 **sweet soy 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.

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## Serve up

- Divide sweet soy beef and Sichuan garlic noodles with veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

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