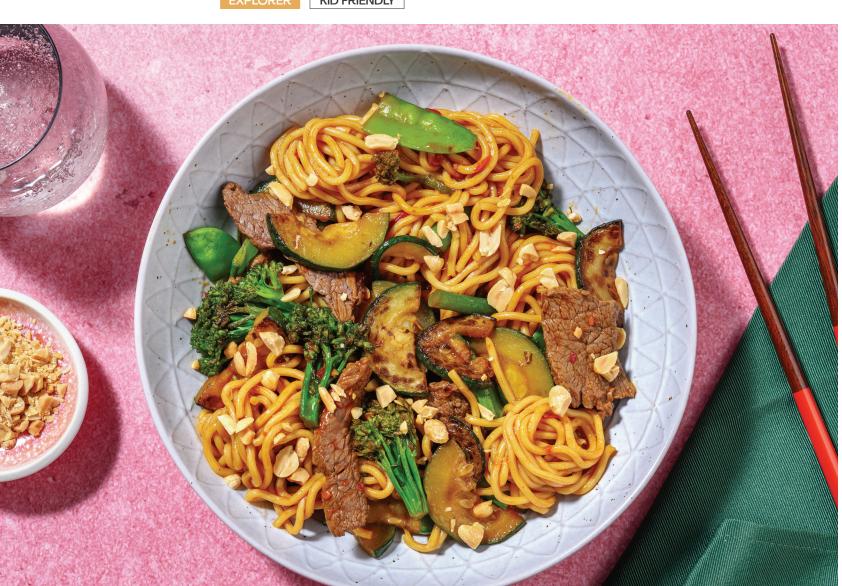


Easy Sweet-Soy Beef & Sichuan Garlic Noodles with Veggies & Crushed Peanuts

EXPLORER

KID FRIENDLY



Grab your Meal Kit with this symbol





Baby Broccoli





Pea Pods



Beef Strips





Konjac Noodles

Seasoning



Sichuan Garlic



Crushed Peanuts



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



Carb Smart

Prep in: 15-25 mins

Ready in: 15-25 mins

noodles. Don't forget some peanuts for crunch!



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

3			
	2 People	4 People	
olive oil*	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	
low sodium soy sauce*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



Serve up

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



