



Quick Black Bean Beef & Konjac Noodle Stir Fry with Sesame Dressing

NEW

Grab your Meal Kit
with this symbol



Konjac Noodles



Sweet Black Bean Sauce



Soy Sauce Mix



Carrot & Zucchini Mix



Garlic Paste



Beef Mince



Baby Spinach Leaves



Sesame Dressing



Chilli Flakes (Optional)



Premium Sirloin Tip

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

Carb Smart

If you want the best flavour combo for slurptastic konjac noodles, then look no further than our go-to sweet black bean sauce. Bursting with rich, umami flavours, this meal checks every box!

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
konjac noodles	1 medium packet	2 medium packets
sweet black bean sauce	1 packet	2 packets
soy sauce mix	1 medium packet	2 medium packets
carrot & zucchini mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
beef mince	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
sesame dressing	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
premium sirloin tip**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1751kJ (418Cal)	335kJ (80Cal)
Protein (g)	32.2g	6.2g
Fat, total (g)	20.4g	3.9g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	25g	4.8g
- sugars (g)	17.5g	3.4g
Sodium (mg)	1588mg	304mg
Dietary Fibre (g)	5.3g	1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1526kJ (365Cal)	279kJ (67Cal)
Protein (g)	35.2g	6.4g
Fat, total (g)	13.1g	2.4g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	25g	4.6g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1589mg	290mg
Dietary Fibre	5.3g	1g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Drain and rinse **konjac noodles**.
- In a small bowl, combine **sweet black bean sauce**, **soy sauce mix** and a splash of **water**.

Custom Recipe: If you've upgraded to premium sirloin tip, preheat oven to 220°C/200°C fan-forced.

3



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Drain oil from pan.
- Return **veggies** to pan then add **konjac noodles**, **baby spinach leaves** and **sweet black bean sauce mixture**, tossing until combined, **1 minute**. Season with **pepper**.

Custom Recipe: Heat pan as above. Season premium sirloin tip all over with salt and pepper and add to hot pan. Sear until browned, 1 minute on both sides. Transfer to a lined oven tray and roast for 17-22 minutes for medium or until cooked to your liking. Remove from oven and cover with foil to rest for 10 minutes. While beef is roasting, return veggies to pan then add konjac noodles, baby spinach leaves and sweet black bean sauce mixture, tossing until combined, 1 minute. Season with pepper.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl.

4



Serve up

- Divide garlic-black bean beef stir-fry between bowls.
- Drizzle over **sesame dressing**. Top with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Custom Recipe: Slice beef to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate