



Garlic-Black Bean Beef & Konjac Noodle Stir-Fry

with Capsicum & Sesame Dressing

NEW

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Long Chilli (Optional)



Garlic



Konjac Noodles



Sweet Black Bean Sauce



Beef Mince



Asian BBQ Seasoning



Baby Spinach Leaves



Sesame Dressing



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early*
**Custom Recipe only*

All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the konjac noodles that are oozing with umami flavours in every bite and then dive into the beef and veggies that are all-time classics.

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
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
long chilli  (optional)	½	1
garlic	2 cloves	4 cloves
konjac noodles	1 medium packet	2 medium packets
sweet black bean sauce	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
beef mince	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
sesame dressing	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1739kJ (416Cal)	308kJ (74Cal)
Protein (g)	33.6g	6g
Fat, total (g)	20.2g	3.6g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	23.8g	4.2g
- sugars (g)	17.6g	3.1g
Sodium (mg)	1489mg	264mg
Dietary Fibre (g)	5.4g	1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1545kJ (369Cal)	256kJ (61Cal)
Protein (g)	40g	6.6g
Fat, total (g)	12.1g	2g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	23.8g	3.9g
- sugars (g)	17.6g	2.9g
Sodium (mg)	1499mg	248mg
Dietary Fibre (g)	5.4g	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



Get prepped

- Thinly slice **capsicum**. Thinly slice **zucchini** into half-moons. Thinly slice **long chilli** (if using). Finely chop **garlic**. Drain and rinse **konjac noodles**.
- In a small bowl, combine **sweet black bean sauce**, the **soy sauce** and a splash of **water**.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. In a medium bowl, combine Asian BBQ seasoning and a drizzle of olive oil. Add chicken, tossing to coat.



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**.
- Add **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Return veggies to the pan, add **konjac noodles**, **baby spinach leaves** and **sweet black bean sauce mixture** and cook, tossing, until combined, **1 minute**. Season with **pepper**.

TIP: For best results, drain the oil from the pan before cooking the spice blend.

Custom Recipe: Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.



Cook the veggies

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



Serve up

- Divide garlic-black bean beef and konjac noodle stir-fry between bowls.
- Drizzle over **sesame dressing** and top with **chilli** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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