



Easy Sweet Soy Beef Noodle Stir-Fry

with Veggies & Sesame Seeds

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Egg Noodles



Pea Pods



Carrot & Zucchini Mix



Beef Strips



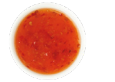
Garlic Paste



Sweet Soy Seasoning



Oyster Sauce



Sweet Chilli Sauce



Baby Spinach Leaves



Sesame Seeds



Peeled Prawns

Prep in: 5-15 mins
Ready in: 15-25 mins

Calorie Smart

In just 4 easy steps, whip up a delectable stir-fry - a staple for weeknight dinners. Tender veggies work perfectly with chewy egg noodles, succulent beef and a zingy sauce packed with sweet and salty flavours. Don't forget some sesame for crunch!

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 |
|-----------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| egg noodles | 1 packet | 2 packets |
| pea pods | 1 small bag | 1 medium bag |
| carrot & zucchini mix | 1 medium bag | 1 large bag |
| beef strips | 1 small packet | 2 small packets OR 1 large packet |
| garlic paste | 1 packet | 2 packets |
| sweet soy seasoning | ½ sachet | 1 sachet |
| oyster sauce | 1 medium packet | 1 large packet |
| sweet chilli sauce | 1 medium packet | 2 medium packets |
| water* | ⅓ cup | ⅔ cups |
| baby spinach leaves | 1 small bag | 1 medium bag |
| sesame seeds | 1 medium packet | 1 large packet |
| peeled prawns** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2569kJ (614Cal) | 520kJ (124Cal) |
| Protein (g) | 43.1g | 8.7g |
| Fat, total (g) | 12.3g | 2.5g |
| - saturated (g) | 3.8g | 0.8g |
| Carbohydrate (g) | 80.9g | 16.4g |
| - sugars (g) | 24.4g | 4.9g |
| Sodium (mg) | 2604mg | 527mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2060kJ (492Cal) | 439kJ (105Cal) |
| Protein (g) | 27.7g | 5.9g |
| Fat, total (g) | 5.7g | 1.2g |
| - saturated (g) | 0.7g | 0.1g |
| Carbohydrate (g) | 80.9g | 17.2g |
| - sugars (g) | 24.4g | 5.2g |
| Sodium (mg) | 3190mg | 680mg |

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



2024 | CW04

1



Cook the egg noodles

- Boil the kettle. 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.

3



Cook the stir-fry

- 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**.
- Reduce heat to medium. Return all **beef** to pan, add **garlic paste** and **sweet soy seasoning (see ingredients)** and cook until fragrant, **1 minute**.
- Add **oyster sauce, sweet chilli sauce, the water, baby spinach leaves, cooked noodles** and **veggies**, tossing until combined, **1 minute**. Season with **pepper**.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: If you've upgraded to prawns, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Reduce heat to medium and continue with step as above.

2



Cook the veggies

- Meanwhile, trim **pea pods**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**.
- In the last **2-3 minutes** of cook time, add **pea pods** and cook, stirring, until tender.
- Transfer to a bowl, season and set aside.

4



Serve up

- Divide sweet soy beef noodle stir-fry between bowls.
- Sprinkle with **sesame seeds** to serve. Enjoy!

Custom Recipe: Divide sweet soy prawn noodle stir-fry between bowls.

Rate your recipe

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