



Quick Asian BBQ Beef & Oyster Sauce Noodles

with Veggies & Sesame Seeds

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Egg Noodles



Garlic



Oyster Sauce



Sweet Chilli Sauce



Carrot & Zucchini Mix



Beef Mince



Asian BBQ Seasoning



Baby Spinach Leaves



Sesame Seeds



Chicken Breast

Prep in: **5-15 mins**
Ready in: **25-35 mins**

Calorie Smart

Eat Me Early*
**Custom Recipe only*

In just 4 easy steps, whip up a tasty beef bowl, perfect for noodle night. You've got your carrot, zucchini and spinach in the veggie department and Asian BBQ beef in your protein department, all the perfect accompaniments for egg noodles. Don't forget some sesame seeds 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
garlic	2 cloves	4 cloves
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water*	¼ cup	½ cup
carrot & zucchini mix	1 medium bag	1 large bag
beef mince	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
baby spinach leaves	1 medium bag	1 large bag
sesame seeds	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)	2612kJ (624Cal)	580kJ (139Cal)
Protein (g)	40.5g	9g
Fat, total (g)	16.6g	3.7g
- saturated (g)	6.1g	1.4g
Carbohydrate (g)	76.6g	17g
- sugars (g)	20.6g	4.6g
Sodium (mg)	2788mg	620mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2418kJ (578Cal)	493kJ (118Cal)
Protein (g)	46.9g	9.6g
Fat, total (g)	8.5g	1.7g
- saturated (g)	2g	0.4g
Carbohydrate (g)	76.6g	15.6g
- sugars (g)	20.6g	4.2g
Sodium (mg)	2798mg	571mg

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



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 beef

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium-high, add **Asian BBQ seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Add **oyster sauce mixture, cooked veggies, egg noodles** and **baby spinach leaves**, tossing to combine, **1 minute**.
- Season to taste.

TIP: Add a splash of water if the noodles look dry.

Custom Recipe: If you've swapped to chicken breast, while veggies are cooking, cut chicken breast into 2cm chunks. Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium-high, add Asian BBQ seasoning and garlic and cook until fragrant, 1 minute. Continue as above.

2



Cook the veggies

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **oyster sauce, sweet chilli sauce** and the **water**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl and season.

4



Serve up

- Divide Asian BBQ beef and oyster sauce noodles between bowls.
- Sprinkle with **sesame seeds** to serve. Enjoy!

Custom Recipe: Divide Asian BBQ chicken and oyster sauce noodles between bowls to serve.

Rate your recipe

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