



Easy Beef Lo Mein Noodle Stir-Fry

with Mixed Veggies & Sesame Seeds

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Egg Noodles



Garlic



Oyster Sauce



Sesame Oil Blend



Carrot & Zucchini Mix



Beef Strips



Asian BBQ Seasoning



Baby Spinach Leaves



Sesame Seeds



Beef Strips

Prep in: 10-20 mins
Ready in: 20-30 mins



Calorie Smart*
**Custom recipe is not Calorie Smart*



Eat Me First

Slurp up some delicate egg noodles soaking in our delectable sauce bursting with tangy and umami richness. Tossed with colourful veggies and tender beef strips, this bountiful bowl will have you coming back for more!

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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 medium packet	2 medium packets
garlic	1 clove	2 cloves
oyster sauce	1 medium packet	1 large packet
sesame oil blend	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
carrot & zucchini mix	1 medium packet	1 large packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 small packet	1 medium packet
sesame seeds	1 medium sachet	1 large sachet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	626kJ (150Cal)
Protein (g)	41.8g	9.7g
Fat, total (g)	21.2g	4.9g
- saturated (g)	5.3g	1.2g
Carbohydrate (g)	71.9g	16.6g
- sugars (g)	16.4g	3.8g
Sodium (mg)	2735mg	631mg
Dietary Fibre (g)	12.5g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3493kJ (835Cal)	626kJ (150Cal)
Protein (g)	71.2g	12.8g
Fat, total (g)	28.8g	5.2g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	71.9g	12.9g
- sugars (g)	16.5g	3g
Sodium (mg)	2798mg	501mg
Dietary Fibre (g)	12.5g	2.2g

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 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 return to saucepan with a drizzle of **olive oil**.

3



Cook the beef & bring it all together

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, in batches, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to pan then add **Asian BBQ seasoning, cooked noodles, veggies, oyster sauce mixture** and **baby spinach leaves**, tossing to combine. Season with **pepper**.

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

Custom Recipe: If you've doubled your beef strips, cook beef as above, in batches for best results.

2



Get prepped & cook the veggies

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **oyster sauce, sesame oil blend, the soy sauce, brown sugar** and **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**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and season.

4



Serve up

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

Rate your recipe

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