



Cantonese Beef Brisket Noodle Soup

with Pea Pods & Spring Onion

NEW

KID FRIENDLY

Grab your meal kit with this number

11



Slow-Cooked Beef Brisket



Sweet Soy Seasoning



Egg Noodles



Carrot



Zucchini



Pea Pods



Spring Onion



Garlic Paste



Oyster Sauce



Chicken Stock Pot



Slow-Cooked Beef Brisket



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

The best way to spice up your stock standard noodle soup is to throw in a slow cooked protein that takes the dish to premium levels. Coat the beef brisket with sweet soy seasoning and you'll have the tastiest protein to accompany tender veggies and noodles.

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 baking dish · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
egg noodles	1 packet	2 packets
carrot	1	2
zucchini	1	2
pea pods	1 small packet	1 medium packet
spring onion	1 stem	2 stems
garlic paste	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
chicken stock pot	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
boiling water*	2½ cups	5 cups

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2965kJ (709Cal)	575kJ (137Cal)
Protein (g)	44.8g	8.7g
Fat, total (g)	26.7g	5.2g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	72.8g	14.1g
- sugars (g)	15g	2.9g
Sodium (mg)	4040mg	783mg
Dietary Fibre (g)	12.8g	2.5g

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.

1



Roast the beef brisket

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked beef brisket** in a medium baking dish.
- Pour **liquid** from packaging over the beef. Cover with foil and roast for **15 minutes**.
- Remove from oven. Uncover, sprinkle with **sweet soy seasoning**, then turn over **beef** to coat.
- Roast, uncovered, until browned and heated through, **8-10 minutes**.

4



Start the noodle soup

- When brisket has **5 minutes** remaining, return saucepan to high heat with a drizzle of **olive oil**.
- Cook **carrot, zucchini and pea pods**, tossing, until just tender, **2-3 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Meanwhile, shred **beef brisket** using 2 forks.

2



Cook the egg noodles

- Meanwhile, half-fill a large saucepan with water and bring to the boil.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

5



Finish the noodle soup

- Stir in **oyster sauce, chicken stock pot, the soy sauce and boiling water** (2½ cups for 2 people / 5 cups for 4 people).
- Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.
- Remove from heat and add **cooked noodles and shredded brisket** (including juices from baking dish), stirring until well combined.

3



Get prepped

- Meanwhile, boil the kettle.
- Thinly slice **carrot** and **zucchini** into half-moons.
- Trim **pea pods**.
- Thinly slice **spring onion**.

6



Serve up

- Divide Cantonese beef brisket noodle soup between bowls.
- Sprinkle over spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



DOUBLE BEEF BRISKET

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Bring soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

