

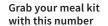
Cantonese Beef Brisket Noodle Soup

with Pea Pods & Spring Onion

NEW

KID FRIENDLY











Beef Brisket



Seasoning



Egg Noodles







Zucchini





Spring Onion

Garlic Paste





Oyster Sauce

Chicken Stock







Slow-Cooked Beef Brisket

Coat the beef brisket with sweet soy seasoning and you'll have the tastiest protein to accompany tender veggies and noodles.

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

3			
	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.



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.



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.



Get prepped

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



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.



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.



Serve up

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







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.

