



Oyster Beef & Green Bean Noodle Stir-Fry

with Asian Greens & Peanuts

NEW

Grab your meal kit with this number

14



Asian Greens



Carrot



Green Beans



Egg Noodles



Beef Mince



Garlic Paste



Oyster Sauce



Sweet Chilli Sauce



Crushed Peanuts



Beef Mince



Chicken Breast

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

Protein Rich

My oh my, did someone say it's beef stir-fry night? Lucky for you, we've put together one of the classics for you to devour in no time. Keep an eye out for the sweet chilli sauce and oyster sauce that coats the veggies, noodles and beef to perfection. It is so good that it deserves some recognition.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Asian greens	1 packet	2 packets
carrot	1	2
green beans	1 small packet	1 medium packet
egg noodles	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	2 packets	4 packets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	2 tsp	4 tsp
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2851kJ (682cal)	325kJ (78cal)
Protein (g)	40.3g	4.6g
Fat, total (g)	25.4g	2.9g
- saturated (g)	7.6g	0.9g
Carbohydrate (g)	71.6g	8.2g
- sugars (g)	16.9g	1.9g
Sodium (mg)	2110mg	240.9mg
Dietary Fibre (g)	11.5g	1.3g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle.
- Roughly chop **Asian greens**.
- Thinly slice **carrot** (unpeeled) into rounds.
- Trim and halve **green beans**.



Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **oyster sauce**, tossing to combine and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then add **sweet chilli sauce**, **veggies**, **noodles** and the **vinegar**. Season to taste with **salt** and **pepper** and toss to combine.



Cook the veggies and noodles

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, with a splash of **water**, tossing, until tender, **4-6 minutes**.
- Add **Asian greens** and cook, tossing, until tender, **1-2 minutes**. Transfer to a bowl.
- While veggies are cooking, 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.



Serve up

- Divide oyster beef and green bean noodle stir-fry with Asian greens between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW40

CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

