



Quick Ginger Beef Noodle Stir-Fry

with Green Beans & Crispy Shallots

NEW

Grab your meal kit with this number

40



Green Beans



Carrot



Egg Noodles



Oyster Sauce



Sweet Chilli Sauce



Beef Strips



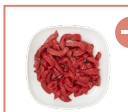
Ginger Paste



Chilli Flakes (Optional)



Crispy Shallots



Beef Strips



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Calorie Smart

Tender beef strips, vibrant veg and delicate egg noodles are coated in a glossy sauce, bursting with umami and sweet chilli flavours for a delightful dinner that will have you coming back for more! Why not add a scattering of chilli flakes for a welcome kick of heat?!

Pantry items

Olive Oil, Brown Sugar

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	2 medium packets
carrot	1	2
egg noodles	1 packet	2 packets
oyster sauce	1 large packet	2 large packets
sweet chilli sauce	1 small packet	1 medium packet
brown sugar*	½ tsp	1 tsp
beef strips	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
crispy shallots	½ large packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2391kJ (571cal)	281kJ (67cal)
Protein (g)	40.4g	4.7g
Fat, total (g)	13.3g	1.6g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	81.8g	9.6g
- sugars (g)	22.8g	2.7g
Sodium (mg)	3219mg	377.9mg
Dietary Fibre (g)	11.9g	1.4g

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.



Cook the noodles

- Bring a medium saucepan of water to the boil.
- Trim **green beans** and slice into thirds. Thinly slice **carrot** into half-moons.
- Cook **egg noodles** in the boiling water, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse with cool water and set aside.



Bring it all together

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**. Season to taste.
- Add **ginger paste** and cook until fragrant, **30 seconds**.
- Add **cooked noodles**, a pinch of **chilli flakes** (if using) and **sauce mixture**, then return **cooked beef** to the pan. Cook, tossing to combine, **1 minute**.



Cook the beef

- Meanwhile, in a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **brown sugar** and a splash of **water**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When the oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a plate.

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



Serve up

- Divide ginger beef noodle stir-fry with veggies between bowls.
- Top with **crispy shallots** (see ingredients) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD PEELED PRAWNS

Cook, tossing, 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.

