

# Black Bean Beef & Konjac Noodle Stir-Fry

with Capsicum & Sesame Dressing

Grab your meal kit with this number

39



Capsicum



Zucchini



Long Chilli (Optional)



Garlic



Konjac Noodles



Sweet Black Bean Sauce



Beef Mince



Asian BBQ Seasoning



Baby Spinach Leaves



Sesame Dressing



Chicken Breast



Beef Mince

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

Protein Rich

Carb Smart

All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the konjac noodles that are oozing with umami flavours in every bite and then dive into the beef and veggies that are all-time classics.

### 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
zucchini	1	2
long chilli  (optional)	½	1
garlic	2 cloves	4 cloves
konjac noodles	1 packet	2 packets
sweet black bean sauce	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
beef mince	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
baby spinach leaves	1 small packet	1 medium packet
sesame dressing	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1754kJ (311cal)	311kJ (55cal)
Protein (g)	33.6g	6g
Fat, total (g)	20.6g	3.7g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	23.8g	4.2g
- sugars (g)	17.6g	3.1g
Sodium (mg)	1506mg	267mg
Dietary Fibre (g)	5.6g	1g

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://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

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## Get prepped

- Thinly slice **capsicum**.
- Thinly slice **zucchini** into half-moons.
- Thinly slice **long chilli** (if using).
- Finely chop **garlic**.
- Drain and rinse **konjac noodles**.
- In a small bowl, combine **sweet black bean sauce**, the **soy sauce** and a splash of **water**.

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## Cook the beef

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Return **veggies** to the pan, then add **konjac noodles**, **baby spinach leaves** and **black bean sauce mixture**, tossing until combined, **1 minute**. Season with **pepper**.

**TIP:** For best results, drain the oil from the pan before cooking the spice blend.

2



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **capsicum** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

4



## Serve up

- Divide black bean beef and konjac noodle stir-fry between bowls.
- Drizzle over **sesame dressing** and top with **chilli** to serve. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

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

