



Black Bean Beef & Egg Noodle Stir-Fry

with Sesame Dressing

Grab your meal kit with this number

35



Green Beans



Sweet Black Bean Sauce



Egg Noodles



Carrot & Zucchini Mix



Beef Mince



Asian BBQ Seasoning



Garlic Paste



Sesame Dressing



Chilli Flakes (Optional)



Beef Strips



Chicken Breast

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

Protein Rich

Eat Me First

If you want the best flavour combo for slurp-tastic egg noodles, then look no further than our go-to sweet black bean sauce. Bursting with rich, umami flavours, this meal checks every box!

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
sweet black bean sauce	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
egg noodles	1 packet	2 packets
carrot & zucchini mix	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
garlic paste	1 packet	2 packets
sesame dressing	1 medium packet	2 medium packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2721kJ (650cal)	561kJ (116cal)
Protein (g)	39.3g	8.1g
Fat, total (g)	21g	4.3g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	75g	15.5g
- sugars (g)	19.1g	3.9g
Sodium (mg)	2178mg	449.1mg
Dietary Fibre (g)	12.1g	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



Get prepped and cook noodles

- Boil the kettle. Trim and roughly chop **green beans**.
- In a small bowl, combine **sweet black bean sauce**, the **soy sauce** and a splash of **water**.
- 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.

3



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 **garlic paste** and cook until fragrant, **1 minute**.
- Return **veggies** to the pan, then add **egg noodles** and **black bean sauce mixture**, tossing until combined, **1 minute**. Season with **pepper**.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot & zucchini mix** and **green beans**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.

4



Serve up

- Divide black bean beef and egg noodle stir-fry between bowls.
- Drizzle over **sesame dressing**. Top with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. 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.

