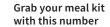


# Black Bean Beef & Egg Noodle Stir-Fry

with Sesame Dressing











Green Beans

Bean Sauce





Egg Noodles

Carrot & Zucchini





**Beef Mince** 

Seasoning





Garlic Paste

Sesame Dressing



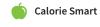
(Optional)





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

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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

## 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**

Per Serving	Per 100g
2721kJ (650cal)	561kJ (116cal)
39.3g	8.1g
21g	4.3g
6.6g	1.4g
75g	15.5g
19.1g	3.9g
2178mg	449.1mg
12.1g	2.5g
	2721kJ (650cal) 39.3g 21g 6.6g 75g 19.1g 2178mg

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.



## 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.



## 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.



#### 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.



### 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!



### SWAP TO BEEF STRIPS

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



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



