

# Kecap Beef & Veggie Noodle Bowl

with Fried Egg & Crushed Peanuts

NEW

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39



Egg Noodles



Zucchini



Oyster Sauce



Kecap Manis



Chilli Flakes (Optional)



Broccoli & Carrot Mix



Ginger Paste



Beef Mince



Baby Spinach Leaves



Crushed Peanuts



Beef Mince



Chicken Breast

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

Eat Me First

For the ultimate weeknight meal that's ready in a flash, this flavourful beef and veggie-loaded noodle bowl ticks all the right boxes. Topped with a fried egg and a sprinkle of peanuts for extra crunch, you will not be disappointed!

### Pantry items

Olive Oil, Soy Sauce, Eggs

## 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 · Small frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 packet	2 packets
zucchini	1	2
oyster sauce	1 medium packet	1 large packet
kecap manis	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
chilli flakes (optional)	pinch	pinch
broccoli & carrot mix	1 medium packet	1 large packet
ginger paste	1 medium packet	2 medium packets
<b>eggs*</b>	2	4
beef mince	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3100kJ (741cal)	758kJ (185cal)
Protein (g)	48g	11.7g
Fat, total (g)	25.1g	6.1g
- saturated (g)	8.4g	2.1g
Carbohydrate (g)	80.5g	19.7g
- sugars (g)	21.7g	5.3g
Sodium (mg)	2566mg	627.4mg
Dietary Fibre (g)	9g	2.2g

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

2025 | CW04



1



## Cook the noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiled water.
- Cook **egg noodles** in the water over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse and set aside.
- Meanwhile, slice **zucchini** into thin sticks.
- In a small bowl, combine **oyster sauce**, **kecap manis**, the **soy sauce** and a pinch of **chilli flakes** (if using).

3



## Fry the egg & cook the beef

- Meanwhile, in a small frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**. Transfer to a plate and cover to keep warm.
- Return the large frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Return **noodles** and **veggies** to the pan, then add **sauce mixture** and **baby spinach leaves**, tossing, until combined, **1 minute**. Season with **pepper**.

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

## CUSTOM OPTIONS



### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

2



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix** and **zucchini**, tossing, until tender, **5-6 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Transfer to a bowl.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.

4



## Finish & serve

- Divide kecap beef and veggie noodles between bowls.
- Top with a fried egg, **crushed peanuts** and the remaining **chilli flakes** to serve. Enjoy!

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

