



# Thai Beef Stir-Fry with Noodles & Veggies

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2206kJ (527Cal) | Protein 46.9g | Fat, total 7.8g - saturated 1.7g | Carbohydrate 63.7g - sugars 14.3g | Sodium 2125mg  
Calorie smart

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2021 | WK21 | W



# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan



Medium Saucepan

## From the pantry



Olive Oil

## From the cool pouch

	2P	4P
Asian Stir-Fry Mix	1 pkt	2 pkts
Beef Strips	1 pkt	1 pkt
Thai Stir-Fry Sauce	1 medium pkt	1 large pkt

## 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.

## 1. Sizzle



Asian Stir-Fry Mix



Beef Strips



Southeast Asian Spice Blend

## 2. Simmer



Flat Noodles

## 3. Toss



Thai Stir-Fry Sauce



Coriander



Crispy Shallots

- Boil the kettle. Heat a drizzle of **olive oil** in a frying pan over medium-high heat
- Cook **stir-fry mix** until softened, **3 mins**. Transfer to a bowl and set aside
- Return pan to high heat. Cook **beef** and **spice blend** until browned, **1-2 mins**

- When kettle boils, pour **water** into a saucepan over high heat
- Return to the boil, add **flat noodles** and cook until just tender, **2-3 mins**
- Drain and refresh under cold water

- Add **Thai stir-fry sauce, noodles, veggie mix** and a splash of **water** to the **beef**. Toss to combine
- Divide **stir-fry** between plates
- Serve topped with torn **coriander** and **crispy shallots**

