



KOREAN STYLE BEEF & VERMICELLI NOODLE LETTUCE CUPS

with Roasted Peanuts



Take the time to marinate beef for extra flavour



Garlic



Ginger



Beef Strips



Chilli Flakes (optional)



Vermicelli Noodles



Carrot



Spring Onions



Lime



Cos Lettuce



Mint



Roasted Peanuts



Sesame Seeds

Hands-on: **30 mins**
Ready in: **35 mins**

Spicy (optional chilli flakes)

We like to think of this as san choy boy taken up a notch – a Korean inspired notch to be precise. The longer you can marinate the meat the better, so get to that part nice and early if you can!

Pantry Staples: Olive Oil, Sesame Oil (or Vegetable Oil), Soy Sauce, Water, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **garlic crusher, fine grater, medium bowl, kettle, colander, chef's knife, chopping board, large frying pan, tongs, plate, aluminium foil** and a **wooden spoon**.



1 MARINATE THE BEEF

Peel and crush the **garlic**. Peel and finely grate the **ginger**. In a medium bowl, add the garlic, ginger, **beef strips, chilli flakes (optional, check ingredients list for amount), sesame oil, soy sauce, water (check ingredients list for the amount)** and **brown sugar**. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes. Mix well and set aside to marinate. **TIP:** If you have the time, allow the beef to marinate for at least **10 minutes** to enhance flavour and help it tenderise.



4 COOK THE BEEF

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Once hot, add **1/3** of the marinated **beef strips** (allow the excess marinade to drip back into the bowl) and cook for **1-2 minutes**, or until browned. **TIP:** *Cooking the beef in batches on a high heat prevents the meat from stewing and ensures a tender result.* Set aside on a plate and cover with foil to keep warm. Repeat with the remaining beef strips.



2 SOAK THE NOODLES

While the beef is marinating, put a full kettle of water on to boil. Place the **vermicelli noodles (use suggested amount)** in a large bowl and pour over enough boiling water to cover the noodles. **Note: Be sure to use the correct amount of noodles so your meal is perfectly balanced, just the way we planned it!** Soak for **5-6 minutes**, or until softened. Drain and return to the bowl. **TIP:** *Drizzle the noodles with a little **sesame oil (or vegetable oil)** to prevent them from sticking.*



5 MAKE THE SAUCE

Return the frying pan to a medium-high heat and add another **drizzle** of **olive oil**. Add the **spring onion** (white part) and stir-fry for **1 minute**, or until softened. Reduce the heat to medium and add the **remaining ginger-soy marinade** from the bowl (as well as any excess resting juices from the cooked meat). Cook the sauce for **2-3 minutes**, or until reduced by a third. **TIP:** *The resting juices have amazing flavour, so don't waste them!*



3 PREP THE VEG

Cut the **carrot** (unpeeled) into thin matchsticks. **TIP:** *You can grate the carrot if you prefer!* Roughly chop the **spring onion** (keep the white and green parts separate). Slice the **lime** into wedges. Separate the **cos lettuce** leaves. Pick the **mint** leaves and finely slice.



6 SERVE UP

Divide the cos lettuce leaves between plates and fill with a handful of vermicelli noodles. Top with the beef strips, carrot, spring onion (green part) and **roasted peanuts**. Spoon over the ginger-soy sauce from the pan and sprinkle with **sesame seeds** and mint. Serve the lime wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
beef strips	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
sesame oil* (or vegetable oil)	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
water*	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
vermicelli noodles (use suggested amount)	½ packet (100 g)	1 packet (200 g)
carrot	1	2
spring onion	1 bunch	1 bunch
lime	1	2
cos lettuce	1	2
mint	1 bunch	1 bunch
roasted peanuts	1 packet	2 packets
sesame seeds	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	658kJ (157Cal)
Protein (g)	45.4g	10.6g
Fat, total (g)	28.8g	6.7g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	54.8g	12.8g
- sugars (g)	9.8g	2.3g
Sodium (g)	566mg	132mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

2017 | WK48 | C

