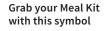


Ginger Beef & Sichuan Garlic Konjac Noodles

with Veggies & Crushed Peanuts

NEW KID FRIENDLY

DIETITIAN APPROVED*











Beef Strips





Konjac Noodles





Sichuan Garlic



Crushed Peanuts





Prep in: 15-25 mins Ready in: 20-30 mins

Carb Smart

*Custom Recipe is not Dietitian Approved In just 4 easy steps, whip up a tasty beef bowl, perfect for noodle night. You've got your carrot, zucchini and spinach in the veggie department and ginger beef in your protein department, all the perfect accompaniments for Sichuan konjac noodles. Don't forget some peanuts for crunch!

Pantry items

Olive Oil, Low Sodium Soy Sauce

Before you start

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 will need

Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
zucchini	1	2		
beef strips	1 small packet	1 medium packet		
ginger paste	1 medium packet	1 large packet		
konjac noodles	1 medium packet	2 medium packets		
baby spinach leaves	1 small bag	1 medium bag		
low sodium soy sauce*	1 tbs	2 tbs		
Sichuan garlic paste	1 packet	2 packets		
crushed peanuts	1 medium packet	1 large packet		
plain firm tofu**	½ packet	1 packet		
	and the second second			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1675kJ (400Cal)	354kJ (85Cal)
Protein (g)	35.8g	7.6g
Fat, total (g)	18.4g	3.9g
- saturated (g)	4.5g	1g
Carbohydrate (g)	20.8g	4.4g
- sugars (g)	15.7g	3.3g
Sodium (mg)	960mg	203mg
Dietary Fibre (g)	5.8g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1265kJ (302Cal)	291kJ (69Cal)
Protein (g)	19.8g	4.5g
Fat, total (g)	12.9g	3g
- saturated (g)	1.7g	0.4g
Carbohydrate (g)	22.8g	5.2g
- sugars (g)	15.7g	3.6g
Sodium (mg)	892mg	205mg
Dietary Fibre (g)	10.1g	2.3g

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.



Cook veggies

- Thinly slice carrot and zucchini into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook carrot and zucchini, tossing, until tender, 4-5 minutes. Season.
 Transfer to a bowl.

TIP: Add a splash of water to help speed up the cooking process.



Bring it all together

- Remove frying pan from heat and add vegetables, baby spinach leaves, noodles, a drizzle of low sodium soy sauce and Sichuan garlic paste.
- · Toss to combine and season.



Cook beef

- Return frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook beef strips in batches until browned and cooked through, 1-2 minutes.
- Add ginger paste and return cooked beef to the pan, tossing to combine,
 1 minute. Season.
- Meanwhile, drain and rinse konjac noodles.

TIP: Cooking the meat in batches over high heat helps it stay tender.

Custom Recipe: If you've swapped to plain firm tofu (see ingredients), cut tofu into 1cm pieces. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook tofu, turning occasionally, until browned, 5-7 minutes. Add ginger paste and continue as above.



Serve up

- Divide ginger beef and Sichuan garlic konjac noodles with veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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