



# Ginger Beef & Sichuan Garlic Konjac Noodles

with Veggies & Crushed Peanuts

NEW

KID FRIENDLY

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beef Strips



Ginger Paste



Konjac Noodles



Baby Spinach Leaves



Sichuan Garlic Paste



Crushed Peanuts



Plain Firm Tofu

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

\*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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Carb Smart

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>low sodium soy sauce*</b>	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

\*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](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



## 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!

## Rate your recipe

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