



HONEY-SOY BEEF & NOODLES

with Roasted Cashews



Make a speedy stir-fry with mince



Ginger



Lime



Garlic



Zucchini



Asian Greens



Coriander



Long Red Chilli (Optional)



Carrot



Ramen Noodles



Beef Mince



Kecap Manis



Roasted Cashews

Hands-on: **20 mins**
Ready in: **25 mins**

Low calorie

Spicy (optional long red chilli)

Sometimes you can't go past the classics, like this beef stir-fry with a sweet and savoury sauce. With thin ramen noodles and colourful veggies, it tastes like a takeaway delight, but with the satisfaction of making it yourself!

Pantry Staples: Olive Oil, Honey, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large wok** or **frying pan**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Finely grate the **ginger**. Zest the **lime** to get a **pinch**, then slice into wedges. Finely chop the **garlic** (or use a garlic press). Slice the **zucchini** into 1cm batons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Finely slice the **long red chilli** (if using). Grate the **carrot** (unpeeled).



2 COOK THE NOODLES

Add the **ramen noodles** (see ingredients list) to the saucepan of boiling water. Cook for **4 minutes**, or until soft. Drain and refresh under cold water.



3 COOK THE BEEF

Heat a **drizzle** of **olive oil** in a large wok or frying pan over a medium-high heat. Once hot, add the **beef mince**, **ginger**, **garlic** and **lime zest** and stir-fry for **2-3 minutes**, breaking up with a wooden spoon, or until just browned. Add the **honey** and **soy sauce (for the beef)** and cook for **2-3 minutes**, or until reduced. Transfer to a medium bowl.



4 MAKE THE SAUCE

In a small bowl, add the **soy sauce (for the sauce)**, **kecap manis** and the **water**. Stir to combine.



5 STIR-FRY THE VEG

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **zucchini** and **carrot** and stir-fry for **2-3 minutes**, or until tender. Add the **Asian greens** and stir-fry for **1 minute** or until tender. Add the **sauce mixture** and cook, tossing, for **1 minute** or until well combined. Add the **honey-soy beef**, **ramen noodles** and a **good squeeze** of **lime juice**. Toss together until heated through.



6 SERVE UP

Divide the honey-soy beef noodles between plates. Top with the long red chilli (if using), coriander and **roasted cashews**. Serve the remaining lime wedges on the side.

TIP: For the low-calorie option, serve with **1/2 the roasted cashews**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
lime	1	2
garlic	2 cloves	4 cloves
zucchini	1	2
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
long red chilli (optional)	1	2
carrot	1	2
ramen noodles	½ packet	1 packet
beef mince	1 packet	1 packet
honey*	1 tbs	2 tbs
soy sauce* (for the beef)	1 tbs	2 tbs
soy sauce* (for the sauce)	1 tbs	2 tbs
kecap manis	1 sachet (75g)	2 sachets (150g)
water*	2 tbs	4 tbs
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (532Cal)	416kJ (99Cal)
Protein (g)	34.7g	6.5g
Fat, total (g)	14.2g	2.7g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	61.7g	11.5g
- sugars (g)	37.5g	7.0g
Sodium (g)	1610mg	301mg

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

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Hello@HelloFresh.com.au

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