

HONEY-SOY BEEF & NOODLES

with Roasted Cashews



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!



Make a speedy stir-fry with mince













Asian Greens



Coriander



Long Red Chilli (Optional)





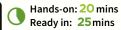
Ramen Noodles



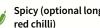




Pantry Staples: Olive Oil, Honey, Soy Sauce







Spicy (optional long

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• medium saucepan • large wok or frying pan



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.



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.



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



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 stirfry 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.



SERVE UPDivide 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!

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 (75 g)	2 sachets (150 g)
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**

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