



Quick Sri Lankan Beef Curry Noodles

with Veggies, Peanuts & Coriander



 Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Our latest four-step recipe should come with a disclaimer: 'Highly addictive. Expect requests for seconds.' It requires minimal hands-on time and washing up, too.

Unfortunately, this week's capsicum was in short supply due to harsh weather conditions, so we've replaced it with Asian greens. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce (or Gluten Free Tamari 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
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
vermicelli noodles	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
beef mince	1 small packet	1 medium packet
Sri Lankan spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
beef stock pot	1 packet (40g)	2 packets (80g)
rice wine vinegar*	drizzle	drizzle
soy sauce* (or gluten free tamari sauce)	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3095kJ (740Cal)	537kJ (128Cal)
Protein (g)	38.9g	6.7g
Fat, total (g)	35.5g	6.2g
- saturated (g)	18.8g	3.3g
Carbohydrate (g)	62.6g	10.9g
- sugars (g)	55.2g	10.9g
Sodium (mg)	1657mg	287mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Get prepped

- Boil the kettle.
- Thinly slice **carrot** into sticks. Roughly chop **Asian greens**. Trim the **green beans** and slice in half.
- Place **vermicelli noodles** in a large bowl. Add enough boiling water to cover, then set aside.

3



Make the curry sauce

- Drain **noodles**, then set aside and cover to keep warm.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **Sri-Lankan spice blend** and remaining **garlic paste**, stirring, until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, **beef stock pot**, **Asian greens**, a pinch of **sugar** and a drizzle of **rice wine vinegar** and **soy sauce**. Add a splash of **water**, then simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat. Return **veggies** and **beef** to the pan. Add the **noodles**, tossing to combine. Season to taste.

2



Cook the veggies & beef

- While the noodles are cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**. Add 1/2 the **garlic paste** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.
- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Transfer to the veggie bowl. Cover to keep warm.

4



Serve up

- Divide Sri Lankan beef curry noodles between bowls.
- Top with **crushed peanuts**.
- Sprinkle with torn **coriander** to serve.

Enjoy!

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