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Saucy Beef Pad See Ew

You know when a dinner has so many good bits you just don't know what to eat first? This lip-smacker is one of those. Between tender beef, crunchy greens and saucy noodles you'll be racing to finish the bowl! Fresh (optional) chilli finishes off a perfect Asian dish that's here to spice up your mid week routine.



Prep: 15 mins
Cook: 10 mins
Total: 25 mins



level 1



nut free



spicy

Pantry Items



Vegetable Oil



Soy Sauce



Thick Rice Noodles



Beef Strips



Carrot



Spring Onions



Ginger



Garlic



Asian Greens



Kecap Manis



Lemon



Long Red Chilli

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QTY	Ingredients
1 packet	thick rice noodles
2 tbs	vegetable oil *
1 packet	beef strips
2	carrots, peeled & cut into matchsticks
1 bunch	spring onions, finely sliced
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & crushed
1 bunch	Asian greens, chopped into 3 cm lengths
2 tbs	salt-reduced soy sauce *
3 tbs	kecap manis
1	lemon, juiced
1	long red chilli, deseeded & finely sliced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2930	Kj
Protein	41.2	g
Fat, total	14.5	g
-saturated	4.1	g
Carbohydrate	97.5	g
-sugars	18.1	g
Sodium	747	mg



You will need: vegetable peeler, chef's knife, chopping board, fine grater, garlic crusher, colander, large wok or frying pan, plate.

1 Cook the **thick rice noodles** according to the packet directions. Drain. Set aside.

2 Meanwhile, heat half of the **vegetable oil** in a large wok or frying pan over a high heat. Add the **beef strips** and cook, stirring, for **1-2 minutes** or until browned. Remove from the wok and set aside on a plate.

3 Add the remaining vegetable oil to the wok and place back over a high heat. Add the **carrot, spring onion, ginger and garlic** and stir fry for **1-2 minutes** or until fragrant. Return the beef to the pan with the **Asian greens, salt-reduced soy sauce and kecap manis**. Stir fry for **1-2 minutes** or until the greens have wilted. Add the thick rice noodles and toss to coat really well in the sauce. Add the **lemon juice** and remove from the heat.

4 To serve, divide the beef pad see ew between bowls and top with the **long red chilli**, if you like. Yum!



Did you know? After ginger was introduced in Europe around 800 AD, it ranked second to pepper as the most popular spice for centuries.