



(02) 8188 8722 | HelloFresh.com.au

WK52
2016



Saucy Beef Stir Fry with Broccoli & Ginger

Stop. Step away from the phone next time you get a craving for naughty noodles. Instead of greasy takeaway, you've got a lightning fast combination of bright veggies, beef and silky rice noodles along with the feel-good factor of cooking a healthy meal from scratch.



Prep: 10 mins

Cook: 10 mins

Total: 20 mins



level 1



spicy



lactose free

Pantry Items



Salt-Reduced Soy Sauce



Vegetable Oil



Water



Rice Stick Noodles



Oyster Sauce



Garlic



Ginger



Beef Strips



Spring Onions



Carrot



Broccoli



Long Red Chilli




Coriander

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1/3 packet	2/3 packet	rice stick noodles (recommended amount)
2 tbs	4 tbs	oyster sauce
1 tbs	2 tbs	salt-reduced soy sauce *
2 tbs	4 tbs	vegetable oil *
1 tbs	2 tbs	water *
1 clove	2 cloves	garlic, peeled & crushed 
1 knob	2 knobs	ginger, peeled & finely grated
1 packet	2 packets	beef strips
1 bunch	2 bunches	spring onions, finely sliced
1	2	carrot, peeled & cut into matchsticks
1 head	2 heads	broccoli, cut into small florets 
1	2	long red chilli, sliced
1/3 bunch	2/3 bunch	coriander, leaves picked 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2730	Kj
Protein	45.6	g
Fat, total	21.7	g
-saturated	4.9	g
Carbohydrate	63.6	g
-sugars	11	g
Sodium	1570	mg

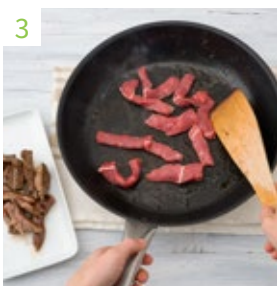


You will need: chopping board, chef's knife, vegetable peeler, sieve, oven tray lined with baking paper, large bowl, potato masher or fork, ovenproof frying pan, tongs, paper towel, plate, aluminium foil and medium bowl.



1 Bring a large pot of salted water to the boil. Add the **rice stick noodles** and simmer for **6-8 minutes**, or until softened. Drain and refresh under cold water.

Note: be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!



2 Combine the **oyster sauce, salt-reduced soy sauce**, half of the **vegetable oil, water, garlic and ginger** together in a small bowl. Set aside.

Optional: Season generously with cracked **black pepper** if you like. Set aside.



3 Heat some of the remaining vegetable oil in a large wok or frying pan over a medium-high heat. Cook the **beef strips** in three batches stirring for **1-2 minutes**, or until browned. Remove the beef from the pan and set aside on a plate.

4 Add a dash of vegetable oil (if needed) to the same wok or frying pan and add the **spring onion, carrot and broccoli**. Cook, stirring, for **1-2 minutes**. Add the oyster sauce mixture, beef and noodles and cook, tossing, until everything is heated through.

5 To serve, divide the saucy beef noodles between plates. Garnish with the sliced **long red chilli** and the **coriander leaves**.

Did you know? Compared to other veggies, broccoli boasts one of the highest amounts of calcium.