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WK38  
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## Saucy Beef Stir Fry with Broccoli & Ginger

Stop. Step away from the phone next time you get a craving for naughty noodles. They needn't be the domain of the greasy, sticky take away. A lightning fast combination of bright Asian greens, tender 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



high fibre



spicy

### Pantry Items



Soy Sauce



Vegetable Oil



Water



Rice Stick Noodles



Oyster Sauce



Garlic



Ginger



Beef Strips



Spring Onions



Carrots



Broccoli



Long Red Chilli



Coriander

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| 2P         | 4P         | Ingredients                           |
|------------|------------|---------------------------------------|
| 1/3 packet | 2/3 packet | rice stick noodles                    |
| 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        |
| 300 g      | 600 g      | 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 bunch    | 2 bunches  | coriander, leaves picked              |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 2820 | Kj |
| Protein      | 46.2 | g  |
| Fat, total   | 21.7 | g  |
| -saturated   | 4.9  | g  |
| Carbohydrate | 67.5 | g  |
| -sugars      | 14.8 | g  |
| Sodium       | 1600 | mg |



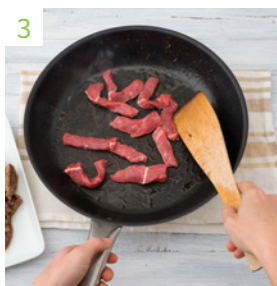
**You will need:** *chef's knife, chopping board, vegetable peeler, garlic crusher, fine grater, large pot, strainer, small bowl, large wok/frying pan, wooden spoon and plate.*

**1** Bring a large pot of salted water to the boil. Add the **rice stick noodles** and cook according to the packet directions. Drain and refresh under cold water (check you are using the correct amount of noodles. Using more will alter the flavour of your dish).



**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?** Oyster sauce was discovered by accident in 1888, when a chef lost track of time cooking oysters. He discovered a thick brownish sauce had developed when leaving them to cook for too long!