



Sesame-Hoisin Beef Noodles

with Fried Egg & Crispy Shallots

NEW



Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Garlic



Egg Noodles



Crispy Shallots



Sesame Dressing



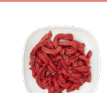
Beef Mince



Ginger Paste



Hoisin Sauce



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

This sesame-hoisin beef noodle stir-fry is bursting full of flavours and makes the perfect quick and easy dinner option.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Eggs

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 · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
garlic	2 cloves	4 cloves
egg noodles	1 packet	2 packets
sesame dressing	1 large packet	2 large packets
soy sauce*	1 tbs	2 tbs
eggs*	2	4
beef mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
hoisin sauce	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3664kJ (875Cal)	640kJ (152Cal)
Protein (g)	46.7g	8.2g
Fat, total (g)	41.8g	7.3g
- saturated (g)	11g	1.9g
Carbohydrate (g)	84.4g	14.7g
- sugars (g)	28.1g	4.9g
Sodium (mg)	2324mg	406mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3506kJ (837Cal)	612kJ (146Cal)
Protein (g)	49.1g	8.6g
Fat, total (g)	36.5g	6.4g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	84.4g	14.7g
- sugars (g)	28.1g	4.9g
Sodium (mg)	2317mg	405mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook veggies

- Boil the kettle. Thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds. Roughly chop **Asian greens**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-6 minutes**.
- Add **Asian greens** and **garlic** and cook, tossing, until fragrant, **1 minute**. Season and transfer to a bowl.



Cook eggs & beef

- Return frying pan to high heat with a drizzle of **olive oil**. When the oil is hot, crack **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Transfer to a plate.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**. For best results, drain the excess **oil** from pan before continuing.
- Add **ginger paste** and **hoisin** and cook until fragrant, **1 minute**.
- Remove from heat. Add **veggies** and **noodles**. Toss to combine.

Custom Recipe: If you've upgraded to beef strips, after cooking the eggs return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Continue with step as above.



Cook noodles

- While veggies are cooking, half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse with warm **water** and return to saucepan.
- Add **sesame dressing** and **soy sauce**. Toss to combine. Cover to keep warm.



Serve up

- Divide sesame-hoisin beef noodles between bowls.
- Top with fried eggs and **crispy shallots**. Enjoy!

Rate your recipe

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