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WK33
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Soy & Ginger Beef with Soba Noodles

This warming noodle bowl is anything but stodgy - it's bursting with fresh flavour and vivid colour. For maximum impact, don't forget to let your steak marinate for at least 10 minutes. You can get on with the rest of the veg prep while the meat infuses with incredible flavour!



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



high
protein

Pantry Items



Sesame Oil



Soy Sauce



Ginger



Garlic



Birdseye Chilli



Lemon



Premium Beef
Rump



Soba Noodles



Carrot



Sugar Snap Peas



Coriander

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2P	4P	Ingredients
1 tsp	2 tsp	sesame oil *
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed
1	2	birdseye chilli, deseeded & finely chopped
½	1	lemon, juiced
4 tbs	8 tbs	salt-reduced soy sauce *
1 steak	2 steaks	premium beef rump
⅔ packet	1 ⅓ packets	soba noodles
1	2	carrot, peeled & cut into matchsticks
½ packet	1 packet	sugar snap peas, trimmed
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2060	Kj
Protein	47.8	g
Fat, total	11.1	g
-saturated	3.8	g
Carbohydrate	46.1	g
-sugars	6.0	g
Sodium	1510	mg



You will need: *chef's knife, chopping board, fine grater, garlic crusher, vegetable peeler, medium bowl, cling wrap, large saucepan, colander, large bowl, medium frying pan, tongs, plate and aluminium foil.*

1 In a medium bowl combine the **sesame oil, ginger, garlic, birdseye chilli**, half of the **lemon juice** and half of the **salt-reduced soy sauce**. Add the **premium beef rump steak** and coat well in the marinade. Cover with cling wrap and set aside to marinate for at least **10 minutes**. This is a good time to prep your vegetables.

2 Bring a large saucepan of water to the boil and cook the **soba noodles** according to the packet directions. Drain. Rinse well. Transfer to a large bowl.

3 Meanwhile, heat a lightly greased medium frying pan over a medium-high heat. Remove the steak from the marinade using a pair of tongs and allow any excess marinade to drip back into the bowl. Cook the steak for **2 minutes** on each side for medium rare or until cooked to your liking. Set aside on a plate, cover with foil and rest for **5 minutes**. Cut the steak into 5 mm thick slices.

Tip: It is important not to skip the resting process as it ensures that your steak is tender.

4 While the steak is resting, return the same pan to a medium heat and add the **carrot, sugar snap peas** and any excess marinade. Cook, stirring, for **1-2 minutes** or until the vegetables are just tender.

5 Add the sliced steak, vegetables, any excess sauce from the pan, the remaining salt-reduced soy sauce, the remaining lemon juice and the **coriander** to the bowl with the noodles. Toss to combine well.

6 Divide the soy and ginger beef noodles between bowls.

Did you know? Australians enjoy approximately 18 million kilograms of noodles every year!