



SPEEDY ASIAN BEEF & SOBA NOODLES

with Toasted Sesame Seeds



Cook a soba noodle stir-fry



Carrot



Asian Greens



Spring Onion



Long Red Chilli (Optional)



Coriander



Soba Noodles



Kecap Manis



Sesame Seeds



Beef Strips

Pantry Staples



Olive Oil



Soy Sauce



White Wine Vinegar



Hands-on: **20** mins

Ready in: **25** mins

Spicy (optional long red chilli)

Just when you thought life was too busy to cook dinner, along comes this lightning fast noodle dish to save the day. Perfect for even the most hectic weeknight!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan** with a **lid**, **chef's knife**, **chopping board**, **colander**, **small bowl**, **large frying pan** or **wok**, **wooden spoon** and a **plate**.



1 GET PREPPED

Bring a medium saucepan of water to the boil. Slice the **carrot** (unpeeled) into matchsticks. Roughly chop the **Asian greens**. Finely slice the **spring onion**. Deseed and finely slice the **long red chilli** (if using).

TIP: Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick. Pick the **coriander** leaves.



2 COOK THE SOBA NOODLES

Add the **soba noodles** to the saucepan of boiling water and cook for **8 minutes**, or until tender. **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! Drain and refresh with cold water. Return the noodles to the saucepan.



3 MAKE THE SAUCE

While the noodles are cooking, combine the **kecap manis**, the **soy sauce** and the **white wine vinegar** in a small bowl. Set aside.



4 STIR-FRY THE BEEF

Heat a large frying pan or wok over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **2-3 minutes**, or until golden. Remove from the pan and set aside. Return the pan to a high heat and add a **drizzle** of **olive oil**. Add the **beef strips** in two batches and stir-fry for **2 minutes**, or until browned.

TIP: Frying the beef in batches stops the meat from stewing. Set aside on a plate.



5 COOK THE VEGGIES

Heat another **drizzle** of **olive oil** in the same pan and add the **spring onion**, the **carrot** and the **Asian greens**. Stir-fry the vegetables for **1 minute**, or until vibrant in colour and just cooked. Return the **beef strips** to the pan and add the **kecap manis-soy mixture** and the **soba noodles**. Stir-fry for a further **2 minutes**, or until heated through.



6 SERVE UP

Divide the Asian beef and soba noodles between bowls. Top with the toasted sesame seeds, the coriander leaves and the long red chilli (if using).

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 bunch	2 bunches
spring onion 🌱	1 bunch	2 bunches
long red chilli 🌱 (optional)	1	2
coriander 🌱	½ bunch	1 bunches
soba noodles	½ packet (135 g)	1 packet (270 g)
kecap manis	1 tub (2 tbs)	2 tubs (4 tbs)
soy sauce*	2 tbs	¼ cup
white wine vinegar*	2 tsp	1 tbs
sesame seeds	1 sachet (1 tbs)	2 sachets (2 tbs)
beef strips	1 packet	2 packets

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	607kJ (145Cal)
Protein (g)	44.1g	11.1g
Fat, total (g)	12.5g	3.2g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	66.7g	16.9g
- sugars (g)	15.2g	3.8g
Sodium (g)	1480mg	374mg

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