



Cooking Made Easy

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## Nick 'The Knife's' Zesty Orange Beef Stir-Fry

Last week Patrick, Luke and Ed headed out to the sticks to visit our esteemed butcher Nick 'The Knife'. He's actually a lot less scary than he sounds and he's been in the butchery business since he was knee-high to a grasshopper. Nick's big tip for this recipe is to put the steak in the freezer for 30 mins before you slice it and you'll be able to get paper thin slices really easily!

 25 mins

 spicy

 healthy



## Ingredients

	2P	4P
Garlic Clove, diced	2	4
Red Chilli, diced	1 tsp	2 tsp
Orange	1	2
Ginger, chopped	1 tbsp	2 tbsp
Flank Steak	1	1
Cornflour	2 tbsp	4 tbsp
Egg Noodles 1, 2	1-2 nests	3 nests
Vegetable Stock Pot 3	½	1
Soy Sauce 1, 4	1 tbsp	2 tbsp
Muscovado Sugar	1 tsp	2 tsp
Mange Tout	1 pack	2 packs
Lime	½	1
Sesame Seeds 5	1 tsp	2 tsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Gluten | 2) Egg  
3) Celery | 4) Soya  
5) Sesame

**Nutrition per serving:** Calories: 551 kcal | Protein: 38 g | Carbs: 69 g | Fat: 13 g | Saturated Fat: 5 g



**1** Boil a pot of water for your noodles. Peel and finely dice the garlic and the red chilli (remove the seeds if you like it less spicy). Zest a ¼ tsp of the orange and squeeze out half of its juice.



**2** Hold the ginger in one hand and using the edge of a spoon peel off the skin. Now finely chop the peeled ginger.



**3** Slice the steak as thinly as your knife skills allow. Coat the strips in half of the cornflour and a pinch of salt and pepper. Heat a couple of tsp of olive oil on high heat in a non-stick pan. When the oil is really hot, stir fry the steak for 2 mins and then keep it to the side.



**4** Cook the noodles in the boiling water with half the vegetable stock pot for around 4 mins (1 or 2 nests depending on how hungry you are!). The noodles are ready when they are 'al dente' (i.e. they still have a hint of firmness left in the middle). Drain the noodles and put them back in the pot with cold water for later.

**5** Mix together the orange juice and soy sauce in a small bowl or a cup. Stir in the remaining cornflour, the orange zest and the muscovado sugar. **Tip:** Make sure you mix it thoroughly so there are no lumps.

**6** Heat a couple of tsp of olive oil in your non-stick pan on high heat. Once hot, cook off the garlic, ginger and a tsp of diced chilli (less if you like it mild). After 1 minute add in the mange tout to cook for 2 more mins.

**7** Give your soy sauce mixture another good stir. Add your steak strips into the pan followed by the soy sauce mixture. Drain and add the noodles (don't worry that they're wet as this will add to your sauce). Toss everything together for a couple of mins.

**8** To serve just squeeze on a couple of tsp of lime juice and scatter on the sesame seeds.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!