



CHINESE BEEF & VEGGIE RAMEN NOODLE STIR-FRY

with Crushed Peanuts



Use ramen noodles
in a stir-fry



Red Onion



Red Capsicum



Carrot



Beef Strips



Garlic



Asian Greens



Ramen Noodles



Hoisin Sauce



Granulated Peanuts



Chilli Flakes
(Optional)

Hands-on: **20 mins**
Ready in: **25 mins**
Spicy (optional chilli flakes)

D Low calorie

For a dish that's ready in a flash, you can't beat this speedy bowl of sizzling Chinese beef, with delectable veggies, ramen noodles and peanuts for that perfect crunch. It's ready in under half an hour too, so you can skip straight to the best part of cooking: the eating!

Pantry Staples: Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar (or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large wok** or **frying pan**



1 MARINATE THE MEAT

In a medium bowl, combine **1/2** of the **hoisin sauce**, the **soy sauce (for the beef)** and a **drizzle** of **olive oil**. Add the **beef strips** and toss to coat in the marinade. Set aside.

TIP: If you have the time, allow the beef to marinate for at least **10 minutes** to increase the flavour and tenderness.



2 GET PREPPED

Bring a medium saucepan of water to the boil. Finely slice the **red onion**. Finely slice the **red capsicum** into 0.5 cm thick strips. Slice the **carrot** (unpeeled) into thin 0.5 cm rounds.

TIP: Feel free to grate the carrot if you would prefer. Peel and crush the **garlic**. Roughly chop the **Asian greens**.



3 COOK THE NOODLES

Add the **ramen noodles** (see ingredients list) to the boiling water and cook for **3 minutes**, or until soft. Drain and refresh under cold water.



4 COOK THE BEEF STRIPS

Heat a **drizzle** of **olive oil** in a large wok or frying pan over a high heat. Once hot, add **1/3** of the **beef strips** and cook for **1-2 minutes**, tossing regularly, until browned all over. Set aside on a plate and cover to keep warm. Repeat with the remaining beef.

TIP: Cooking the beef in batches on a high heat prevents the meat from stewing and ensures a tender result.



5 BRING IT ALL TOGETHER

Heat a **drizzle** of **olive oil** in the same wok or frying pan over a high heat. Add the **red onion**, **capsicum**, **carrot** and **garlic** and cook for **3-4 minutes**, or until almost tender. Add the **Asian greens** and **beef strips** and toss for **1 minute**, or until heated through. Remove the pan from the heat and add the **ramen noodles**, **remaining hoisin sauce**, **soy sauce (for the noodles)**, **honey** and **rice wine vinegar** and toss well until combined.



6 SERVE UP

Divide the Chinese beef and veggie ramen noodle stir-fry between bowls. Top with the **granulated peanuts** and **chilli flakes** (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
hoisin sauce	1 sachet (50 g)	2 sachets (100 g)
soy sauce* (for the beef)	4 tsp	2 ½ tbs
beef strips	1 packet	1 packet
red onion	1	2
red capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
Asian greens	1 bunch	2 bunches
ramen noodles	½ packet (135 g)	1 packet (270 g)
soy sauce* (for the noodles)	2 tbs	¼ cup
honey*	2 tsp	4 tsp
rice wine vinegar* (or white wine vinegar)	2 tsp	4 tsp
granulated peanuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2160kJ (516Cal)	431kJ (103Cal)
Protein (g)	40.9g	8.2g
Fat, total (g)	7.7g	1.6g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	65.9g	13.2g
- sugars (g)	17.4g	3.5g
Sodium (g)	2150mg	429mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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