



CHINESE HONEY-SOY BEEF & VEGGIES

with Noodles



Use cornflour to give texture to beef strips



Garlic



Ginger



Red Capsicum



Carrot



Asian Greens



Ramen Noodles



Beef Strips



Chilli Flakes (Optional)



Black Sesame Seeds



Hands-on: **35 mins**
Ready in: **40 mins**



Low calorie



Spicy (optional chilli flakes)

Ramen noodles are so lip-lickingly delicious – they’re bouncy, a little chewy, and have near unparalleled powers of sauce retention. With all that said, we could never use them in ramen alone. So tonight they’re lending their legendary noodle powers to a beef stir-fry. We couldn’t think of an ingredient we’d rather have invited to the party.

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

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, garlic crusher, fine grater, two medium bowls, sieve, tongs, large frying pan** and **wooden spoon**.



1 GET PREPPED

Bring a medium saucepan of water to the boil. Peel and crush the **garlic**. Finely grate the **ginger**. Thinly slice the **red capsicum**. Slice the **carrot** (unpeeled) into thin matchsticks. **TIP:** Grate the carrot if you prefer. Roughly chop the **Asian greens**.

In a medium bowl, combine the **soy sauce (for the sauce), sesame oil, rice wine vinegar, 1/2 of the honey** and a **dash of water**. Mix well and set aside.



4 ADD FLAVOUR TO THE BEEF

Return the same frying pan to a medium-high heat and add the **garlic** and **1/2 the ginger**. Cook for **1 minute**, or until fragrant. Add the **remaining honey** and **soy sauce (for the beef)** and mix well. Return the **beef strips** to the pan and toss to coat in the sauce. Transfer back to the plate.



2 COOK THE RAMEN NOODLES

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



5 MAKE THE STIR-FRY

Return the same frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **red capsicum** and **carrot** and cook for **3-4 minutes**, or until softened. Add the **Asian greens, remaining ginger, ramen noodles** and **soy-honey mixture** to the pan and cook, stirring, for **1 minute**, or until warmed through.



3 COOK THE BEEF STRIPS

While the noodles are cooking, combine the **salt (use suggested amount)** and **cornflour** in a medium bowl. Add the **beef strips** and toss to coat.

In a large frying pan, heat a **good drizzle of olive oil** over a high heat. Once hot, add **1/3 of the beef strips** and cook, stirring, for **3-5 minutes**, or until browned. Transfer to a plate and repeat with the remaining beef strips. **TIP:** Add extra oil between batches if needed. **TIP:** Cooking the beef in batches prevents it from stewing in the pan.



6 SERVE UP

Divide the Chinese beef and veggie noodle stir-fry between plates. Sprinkle a pinch of **chilli flakes (optional)** and the **black sesame seeds** over the adults' portions.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
ginger	1 knob
red capsicum	1
carrot	1
Asian greens	1 bunch
soy sauce* (for the sauce)	3 1/2 tbs
honey*	4 tbs
sesame oil* (or oil)	1 1/2 tbs
rice wine vinegar* (or white wine vinegar)	1 tsp
ramen noodles	1 packet
salt*	1 tsp
cornflour* (or plain flour)	1/4 cup
beef strips	1 packet
soy sauce* (for the beef)	1 tbs
chilli flakes (optional)	pinch
black sesame seeds	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2020kJ (482Cal)	549kJ (131Cal)
Protein (g)	38.8g	10.6g
Fat, total (g)	15.7g	4.3g
- saturated (g)	4.3g	1.2g
Carbohydrate (g)	43.8g	11.9g
- sugars (g)	20.4g	5.6g
Sodium (g)	1120mg	305mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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