



GINGER-SOY BEEF STIR-FRY

with Noodles & Rainbow Veggies



Add colourful vegetables for flavour and texture!



Brown Onion



Carrot



Red Capsicum



Snow Peas



Garlic



Lime



Coriander



Ramen Noodles



Beef Mince



Ginger-Soy Stir-Fry Sauce



Roasted Cashews

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

Low calorie

Whip up a fresh and flavourful stir-fry based on tasty noodles, colourful veggies and tender beef. With our signature ginger-soy stir-fry sauce, this quick family meal comes together even faster than ever!

Pantry Staples: Olive Oil

BEFORE YOU START

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



1 PREP THE VEG

Bring a medium saucepan of water to the boil. Thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **red capsicum**. Trim and halve the **snow peas** lengthways. Finely chop the **garlic** (or use a garlic press). Slice the **lime** into wedges. Roughly chop the **coriander**.



2 COOK THE VEGGIES

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, for **2-3 minutes** or until softened. Add the **carrot** and **capsicum** and cook for **4-5 minutes** or until just tender. Add the **snow peas** and cook for **1-2 minutes** or until just tender. Transfer to a medium bowl.



3 COOK THE NOODLES

While the veggies are cooking, add the **ramen noodles** to the boiling water and cook for **4 minutes**, or until soft. Drain and refresh with cold water. **TIP:** *This stops the cooking process!*



4 COOK THE BEEF

Return the pan or wok to a high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes** or until browned. Add the **garlic** and cook, stirring, for **1 minute**, or until fragrant. Add **1/2** the **ginger-soy stir-fry sauce** and bring to the boil, stirring, for **1 minute**, or until absorbed.



5 ADD THE SAUCE

Return the cooked **vegetables** to the pan with the drained **ramen noodles** and the **remaining ginger-soy stir-fry sauce**. Cook, tossing, until coated and heated through.



6 SERVE UP

Divide the ginger-soy beef stir-fry between bowls and spoon over any sauce from the pan. Garnish with the coriander, **roasted cashews** and squeeze over some lime juice. Serve with the remaining lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	2
red capsicum	1
snow peas	1 bag (100 g)
garlic	2 cloves
lime	1
coriander	1 bag
ramen noodles	1 packet
beef mince	1 small packet
ginger-soy stir-fry sauce	2 sachets (300 g)
roasted cashews	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2130kJ (509Cal)	455kJ (109Cal)
Protein (g)	37.3g	8.0g
Fat, total (g)	20.3g	4.3g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	39.0g	8.3g
- sugars (g)	19.2g	4.1g
Sodium (g)	2510mg	536mg

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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