



Hawker-Style Beef & Mie Goreng

with Garlicky Veggies

Grab your Meal Kit
with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 45-55 mins
 Spicy (optional long red chilli)

Who doesn't love mie goreng? In our take on the Indonesian noodle dish, sweet kecap manis and mild sriracha mingle in the pan to create the perfect balance of flavours. Top each bowl with a fried egg and serve with a contender for the star of the show: beef rump, drizzled with a delightful sauce which you can pretend you made from scratch!

	Beef Rump		Udon Noodles
	Spring Onion		Garlic
	Zucchini		Lime
	Snow Peas		Asian Greens
	Kecap Manis		Sriracha Sauce
	Chicken-Style Stock Powder		Long Red Chilli (Optional)
	Cantonese Stir-Fry Sauce		Crispy Shallots

Pantry items

Olive Oil, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef rump	1 packet	2 packets
udon noodles	1 packet	2 packets
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
lime	½	1
snow peas	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
zucchini	1	2
kecap manis	1 packet	2 packets
sriracha sauce	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
eggs*	2	4
long red chilli (optional)	½	1
Cantonese stir-fry sauce	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3375kJ (806Cal)	519kJ (124Cal)
Protein (g)	56.9g	8.7g
Fat, total (g)	16.5g	2.5g
- saturated (g)	6.5g	1g
Carbohydrate (g)	110.9g	17g
- sugars (g)	44.6g	6.9g
Sodium (mg)	2910mg	447mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the noodles

While the pork is roasting, half-fill a medium saucepan with the boiling water. Cook the **udon noodles** over a medium-high heat until tender, **3-4 minutes**. In the last minute of cook time, gently stir the **noodles** with a fork to separate. Drain, rinse and set aside. Meanwhile, slice the **spring onion** into 3cm lengths. Finely chop the **garlic**. Slice the **lime** into wedges. Trim the **snow peas**. Cut the **Asian greens** into thirds. Slice the **zucchini** into half-moons.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **snow peas** and **Asian greens** until tender, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a serving bowl and cover to keep warm. Return the pan to a medium-high heat with another drizzle of **olive oil**. Cook the **zucchini** until softened, **3-4 minutes**. Add the **spring onion** and remaining **garlic** and cook until fragrant, **1 minute**.



Bring it all together

Add the cooked **noodles**, **kecap manis**, **sriracha sauce** and **chicken-style stock powder** and cook, tossing occasionally, until combined and warmed through, **1-2 minutes**. Squeeze over the **lime juice**. Transfer to serving bowls.

TIP: Sriracha is a mild sauce, but use less if you're sensitive to heat!



Cook the beef

Place the **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**. Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When oil is hot, cook the **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Fry the eggs

Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When the oil is hot, crack the **eggs** into the pan. Cook until the egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**. Transfer the **eggs** to top the **noodles**.

TIP: This will give a soft yolk, fry for 6-7 minutes for a hard yolk.



Serve up

Thinly slice the **long red chilli** (if using). Slice the beef. Drizzle the **Cantonese stir-fry sauce** over the beef. Sprinkle the **crispy shallots** and chilli over the mie goreng. Bring the hawker-style beef, mie goreng and garlicky veggies to the table. Serve with any remaining lime wedges.

Enjoy!

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