



HONEY-SOY BEEF & RAMEN NOODLES

with Roasted Cashews



Make a stir-fry with ramen noodles



Carrot



Ginger



Garlic



Lime



Courgette



Asian Greens



Spring Onion



Roasted Cashews



Ramen Noodles



Beef Mince



Kecap Manis



Chilli Flakes (Optional)

- Hands-on: **25 mins**
- Ready in: **30 mins**
- Spicy (optional chilli flakes)
- Low calorie

Sometimes you can't go past the classics, like this beef stir-fry with a sweet and savoury sauce. With thin ramen noodles and colourful veggies, it tastes like a takeaway delight, but with the satisfaction of making it yourself!

Pantry Staples: Olive Oil, Honey, Soy Sauce

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 GET PREPPED

Bring a medium saucepan of water to the boil. Grate the **carrot** (unpeeled). Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Zest the **lime** to get a **generous pinch**, then cut in half. Slice the **courgette** into 1cm batons (or half-moons if you'd prefer!). Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Roughly chop the **roasted cashews**.



2 COOK THE NOODLES

Add the **ramen noodles** to the saucepan of boiling water. Cook until tender, **4 minutes**. Drain and refresh with cold water.



3 COOK THE BEEF

In a large wok or frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a wooden spoon, until just browned, **2-3 minutes**. Add the **ginger, garlic** and **lime** zest and cook, stirring, until fragrant, **1 minute**. Add the **honey** and **soy sauce (for the beef)** and cook until reduced, **1 minute**. Transfer to a medium bowl.



4 MAKE THE SAUCE

In a small bowl, combine the **soy sauce (for the sauce)**, **kecap manis** and a **generous squeeze** of **lime** juice. Set aside.



5 STIR-FRY THE VEGGIES

Return the wok or frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and **courgette** and stir-fry until tender, **3-4 minutes**. Add the **Asian greens** and the sauce mixture and cook, tossing, until tender and well combined, **1 minute**. Add the **honey-soy beef, ramen noodles** and the **water**. Toss together until heated through. **TIP:** *Seasoning is key in this dish! Taste and add more lime juice if you like.*



6 SERVE UP

Divide the honey-soy beef and ramen noodles between plates. Top with the spring onion and roasted cashews. Sprinkle the **chilli flakes** (if using) over the adult portions. Cut the remaining lime into wedges and serve on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	2
ginger	2 knobs
garlic	4 cloves
lime	2
courgette	1
Asian greens	2 bunches
spring onion	1 bunch
roasted cashews	1 packet
ramen noodles	1 packet
beef mince	1 small packet
honey*	4 tsp
soy sauce* (for the beef)	2½ tbs
soy sauce* (for the sauce)	2½ tbs
kecap manis	2 sachets (150 g)
water*	4 tsp
chilli flakes (optional)	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1820kJ (435Cal)	424kJ (101Cal)
Protein (g)	33.4g	7.8g
Fat, total (g)	13.8g	3.2g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	40.6g	9.5g
- sugars (g)	19.7g	4.6g
Sodium (g)	1320mg	308mg

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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