



THAI-STYLE PEANUT BEEF & VEGGIE NOODLE BOWL

with Fried Shallots



Make a peanut sauce



Garlic



Spring Onion



Red Capsicum



Carrot



Cucumber



Long Red Chilli (Optional)



Beef Mince



Noodles



Lime



Crispy Shallots



Peanut Butter

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

Delight your senses with this Asian inspired dish - it's colourful, crunchy and packed full of fresh and zesty flavours. Oh and the noodles, they soak up all the glorious soy and peanuty beef flavours to make this a super satisfying number!

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

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, box grater, two small bowls, whisk or fork, medium frying pan, wooden spoon, colander, large bowl and tongs.**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Peel and crush the **garlic**. Finely slice the **spring onions** (keep the green and white parts separate). Slice the **red capsicum** into 0.5 cm thick strips. Grate the **carrot** (unpeeled). Slice the **cucumber** into 0.5 cm half-moons. Finely slice the **long red chilli** (if using).



2 MAKE THE PEANUT SAUCE

In a small bowl, combine the **garlic, peanut butter, 2/3 of the soy sauce, rice wine vinegar, 1/2 the sugar, 1/2 the sesame oil** and the **warm water (check ingredients list for the amount)**. Mix well with a whisk or a fork until well combined.



3 COOK THE BEEF

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **spring onion (white parts)** and cook for **1 minute**, or until fragrant. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the **peanut sauce** and cook for a further **2-3 minutes**, or until the mixture becomes sticky.



4 COOK THE NOODLES

While the beef is cooking, add the **noodles (use suggested amount)** to the saucepan of boiling water and cook for **3-4 minutes**, or until 'al dente'. Drain and refresh under cold water. Transfer to a large bowl.



5 BRING IT ALL TOGETHER

Juice the **lime**. In a small bowl, combine the **lime juice (3 tsp for 2 people / 1 1/2 tbs for 4 people)**, the **remaining soy sauce, sugar and sesame oil** and mix well.

Add the **red capsicum, carrot and cucumber** to the large bowl with the noodles. Just before serving, add the lime-soy dressing and toss to coat.



6 SERVE UP

Divide the veggie noodles between bowls and top with the Thai-style peanut beef. Sprinkle over the spring onion (green parts), long red chilli (if using) and **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
spring onion	1 bunch	1 bunch
red capsicum	1	2
carrot	1	2
cucumber	1	2
long red chilli (optional)	1	2
peanut butter	1 tub (50 g)	1 tub (100 g)
soy sauce*	3 tbs	6 tbs
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
sugar*	1 tsp	2 tsp
sesame oil* (or oil)	1 tbs	2 tbs
warm water*	2 tbs	1/3 cup
beef mince	1 packet	1 packet
noodles	135 g	270 g
lime	1	2
crispy shallots	1 packet (2 tbs)	2 packets (4 tbs)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (793Cal)	600kJ (143Cal)
Protein (g)	48.8g	8.8g
Fat, total (g)	35.5g	6.4g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	65.5g	11.8g
- sugars (g)	13.9g	2.5g
Sodium (g)	2260mg	409mg

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

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