



SPEEDY STIR-FRIED BEEF & HOKKIEN NOODLES

with Asian Greens & Red Capsicum



Hands-on: 20 mins
Ready in: 25 mins

Stop! Step away from the phone. Do you have a craving for naughty noodles? They needn't be the domain of the greasy, sticky takeaway. This lightning fast combination of bright veggies, beef strips and Hokkien noodles will cure your cravings and come with the feel-good factor of cooking a healthy meal from scratch.



Master a speedy
beef stir-fry



Garlic



Beef Strips



Ginger



Red Capsicum



Asian Greens



Coriander



Hokkien Noodles



Hoisin Sauce

Pantry Staples



Olive Oil



Soy Sauce



Water



Brown Sugar
(Or Honey)

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium bowl, spoon, kettle, garlic crusher, fine grater, chef's knife, chopping board, large bowl, colander, large wok or frying pan, plate and spatula.**



1 MARINATE THE BEEF

In a medium bowl, combine the **hoisin sauce, soy sauce, brown sugar (or honey), a drizzle of olive oil** and the **water** (check the ingredients list for the amount). Add the **beef strips** and toss to coat. Set aside to marinate. **TIP:** If you have the time, allow the beef to marinate for at least **10 minutes** to pack in plenty of flavour and help it to tenderise.



2 GET PREPPED

While the beef is marinating, bring a full kettle of water to the boil. Peel and crush the **garlic**. Finely grate the **ginger** (unpeeled). Slice the **red capsicum** into thin strips. Roughly chop the **Asian greens**. Pick the **coriander** leaves.



3 SOAK THE HOKKIEN NOODLES

Place the **fresh hokkien noodles** (use suggested amount) in a large bowl and pour over enough boiling water to completely cover the noodles. **Note:** Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it! Soak for **2 minutes**, or until softened and separated. Drain and set aside.



4 COOK THE BEEF

Heat a **drizzle of olive oil** in a large wok or frying pan over a high heat. Add **½ of the beef strips** (reserve the excess marinade in the bowl) and cook, stirring, for **1-2 minutes**, or until brown. Set aside on a plate and repeat with the remaining beef strips. **TIP:** Cooking the beef in batches on a high heat stops the meat from stewing in the pan.



5 COOK THE VEGGIES & NOODLES

Heat another **drizzle of olive oil** in the same wok over a high heat. Add the **garlic** and **ginger** and cook for **1 minute**, or until golden. Add the **red capsicum** and **Asian greens** and stir-fry for **1-2 minutes**, or until the vegetables are brightly coloured and tender. Add the **reserved hoisin-soy marinade**, the **beef strips** and the **hokkien noodles** and stir-fry until all the ingredients are combined and heated through.



6 SERVE UP

Divide the stir-fried beef, hokkien noodles and veggies between plates. Sprinkle over the coriander.

Enjoy!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil *	refer to method	refer to method
hoisin sauce	1 sachet (2 tbs)	2 sachets (1/4 cup)
soy sauce*	2 tbs	4 tbs
brown sugar (or honey)*	1 tsp	2 tsp
water*	2 tbs	4 tbs
beef strips	1 packet	1 packet
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
red capsicum	1	2
Asian greens	1 bunch	2 bunches
coriander	1 bunch	1 bunch
fresh hokkien noodles	¾ packet (265 g)	1 ½ packets (525 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (568Cal)	515kJ (123Cal)
Protein (g)	47.6g	10.3g
Fat, total (g)	10.2g	2.2g
saturated (g)	3.4g	0.7g
Carbohydrate (g)	66.3g	14.4g
sugars (g)	15.2g	3.3g
Sodium (mg)	1950mg	422mg

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