



SPEEDY SWEET CHILLI BEEF NOODLES

with Ginger & Asian Greens



Tenderise beef
with a ginger-sweet
chilli marinade



Hands-on: 20 mins
Ready in: 30 mins

Low calorie

This super speedy, super colourful bowl of saucy noodles couldn't be simpler – it's just the thing for those nights when you need dinner on the table ASAP!



Ginger



Garlic



Red Capsicum



Carrot



Asian Greens



Spring Onion



Beef Strips



Sweet Chilli
Sauce



Udon Noodles

Pantry Staples: Olive Oil, Brown Sugar, Soy
Sauce

BEFORE YOU START

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



1 MARINATE THE BEEF

Finely grate the **ginger**. Finely grate the **garlic**. Place the **beef strips** in a medium bowl. In a separate small bowl, combine the ginger, garlic, **sweet chilli sauce**, **brown sugar** and **soy sauce**. Pour **1/4** of the **ginger-sweet chilli sauce** over the beef strips, toss to coat and set aside to marinate.

TIP: If you have the time, allow the beef to marinate for at least **10 minutes** for maximum flavour and tenderness.



2 GET PREPPED

While the beef is marinating, bring a large saucepan of water to the boil. Slice the **red capsicum** into 0.5cm strips. Slice the **carrot** (unpeeled) into 0.5cm discs. **TIP:** Cut the veggies to the correct size to ensure they cook in the allocated time. Roughly chop the **Asian greens**. Thinly slice the **spring onion**.



3 COOK THE NOODLES

Add the **udon noodles** to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water.



4 COOK THE BEEF

While the noodles are cooking, heat a drizzle of **olive oil** in a large wok or frying pan over a high heat. Once hot, add **1/2** the **beef strips** and cook for **1-2 minutes**, or until browned. Transfer to a plate and repeat with the remaining beef. **TIP:** Cooking the beef in batches keeps it tender and stops it from stewing in the pan.

6 SERVE UP

Divide the speedy sweet chilli beef noodles between bowls and sprinkle the spring onion over the adults' portions.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

4-5P	
olive oil*	refer to method
ginger	1 knob
garlic	1 clove
beef strips	1 packet
sweet chilli sauce	2 tubs (100 g)
brown sugar*	1 ½ tsp
soy sauce*	½ cup
red capsicum	1
carrot	1
Asian greens	1 bunch
spring onion	1 bunch
udon noodles	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (538Cal)	613kJ (147Cal)
Protein (g)	40.5g	11.0g
Fat, total (g)	11.4g	3.1g
- saturated (g)	3.5g	1.0g
Carbohydrate (g)	64.9g	17.7g
- sugars (g)	14.8g	4.0g
Sodium (mg)	2350mg	640mg

For allergens and ingredient information, visit 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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