



SWEET CHILLI BEEF STIR-FRY

with Udon Noodles & Rainbow Veggies



Tenderise beef with a sweet chilli marinade



Garlic



Ginger



Beef Strips



Sweet Chilli Sauce



Udon Noodles



Red Capsicum



Carrot



Asian Greens

Pantry Staples: Olive Oil, Soy Sauce

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!

Each week, we search the country to source the best produce, with a focus on seasonality, quality, and variety. This week's snow peas were not up to our quality standards so we've replaced them with asian greens. Don't worry, the recipe will be just as delicious

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large saucepan** • **large wok** or **frying pan**



1 MARINATE THE BEEF

Bring a large saucepan of water to the boil. Finely grate the garlic (or use a garlic press). Finely grate the ginger. Place the beef strips in a medium bowl. In a small bowl, combine the garlic, ginger, sweet chilli sauce and soy sauce. Pour 3 tbs of the ginger-sweet chilli sauce mixture 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 to add flavour and increase tenderness.



4 COOK THE BEEF

In a large wok or frying pan, heat a drizzle of olive oil over a high heat. Once the oil is hot, add 1/2 the beef strips and cook until browned, 1-2 minutes. Transfer to a plate and repeat with the remaining beef.

TIP: Cooking the beef in batches helps it stay tender and stops it stewing.



2 COOK THE NOODLES

While the beef is marinating, add the udon noodles to the boiling water and cook until just tender, 8-10 minutes. Drain and refresh under cold water.



5 COMBINE THE INGREDIENTS

Return the large wok or pan to a high heat and add a drizzle of olive oil. Add the capsicum and carrot and stir-fry until just tender, 2-3 minutes. Add the udon noodles, Asian greens and beef strips and cook until heated through, 1 minute. Remove the pan from the heat and stir through the remaining ginger-sweet chilli sauce mixture.



3 PREP THE VEG

While the noodles are cooking, thinly slice the red capsicum into strips. Thinly slice the carrot (unpeeled) into discs. Roughly chop the Asian greens.



6 SERVE UP

Divide the sweet chilli beef and noodle stir-fry between bowls.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	3 cloves
ginger	1 knob
beef strips	1 packet
sweet chilli sauce	2 tubs (100 g)
soy sauce*	¼ cup
udon noodles	1 packet
red capsicum	1
carrot	1
Asian greens	2 bunches (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	603kJ (144Cal)
Protein (g)	41.1g	10.8g
Fat, total (g)	11.5g	3.0g
- saturated (g)	3.5g	0.9g
Carbohydrate (g)	67.1g	17.6g
- sugars (g)	16.5g	4.3g
Sodium (g)	2350mg	615mg

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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