



THAI STIR-FRIED SWEET SOY BEEF NOODLES

with Rainbow Veg and Cashews



Cook a sweet soy
noodle stir-fry



Rice Stick Noodles



Beef Strips



Snow Peas



Garlic



Kecap Manis



Spring Onion



Green Capsicum



Carrot



Roasted Cashews

Pantry Staples: Olive Oil, Fish Sauce, Soy Sauce, Sugar, Water

Hands-on: **30 mins**
Ready in: **35 mins**

Time to get saucy tonight. This delicious noodle bowl is chock full of colour and flavour, and our absolute favourite bit is the crunchy cashew nut topping. Yumbo scrumbo!

BEFORE YOU START

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



1 SOAK THE NOODLES

Place the **rice stick noodles** in a large bowl and add enough warm water (from the tap) to completely cover the noodles.

TIP: Soaking the noodles in warm water instead of hot water stops them from becoming gummy and breaking up in the pan. Soak for **10-15 minutes**, or until added to the pan in step 5. Drain.



2 MARINATE THE BEEF

While the rice noodles are soaking, peel and crush the **garlic**. In a medium bowl, add the **beef strips** and garlic and toss with the **fish sauce, soy sauce, sugar, 1/2 of the kecap manis** and the **water (check ingredients list for the amount)**. Set aside to marinate.

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



3 GET PREPPED

While the beef is marinating, finely slice the **green capsicum**. Slice the **carrot** (unpeeled) into 0.5 cm thin batons. Finely slice the **spring onion**. Trim the ends of the **snow peas**.



4 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan or wok over a medium-high heat. Add the **green capsicum** and **carrot** and cook for **4 minutes**, or until softened. Add the **spring onion** and **snow peas** and cook for **1 minute**, or until softened. Remove from the pan and set aside.



5 COOK THE BEEF

Return the same pan to a high heat and add a **drizzle of olive oil**. Add the marinated **beef strips** (reserve the excess marinade in the bowl) and cook for **1-2 minutes**, or until browned. Return the veggies to the pan and add the drained **rice stick noodles, remaining kecap manis** and **reserved marinade**. Mix together for **2 minutes**, or until the noodles are coated in sauce and heated through. **TIP:** If the ingredients don't fit in one pan, divide them between two pans and mix together at the end.



6 SERVE UP

Divide the Thai stir-fried sweet soy beef noodles between plates. Top the adult portions with the **roasted cashews**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
rice stick noodles (use suggested amount)	¾ packet (250 g)
beef strips	1 packet
garlic	2 cloves
fish sauce*	2 tbs
soy sauce*	2 tbs
sugar*	3 tsp
kecap manis	1 sachet (2 tbs)
water*	1 tbs
green capsicum	1
carrot	1
spring onion	1 bunch
snow peas	1 bag
roasted cashews	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	654kJ (156Cal)
Protein (g)	41.4g	11.8g
Fat, total (g)	11.5g	3.3g
- saturated (g)	3.9g	1.1g
Carbohydrate (g)	67.0g	19.1g
- sugars (g)	14.7g	4.2g
Sodium (g)	1120mg	321mg

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

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

2017 | WK50 | F

