



BEEF & BROCCOLI STIR FRY

with Udon Noodles & Roasted Peanuts



Cook veggies with the noodles for a time saving hack!



Broccoli



Carrot



Capsicum



Ginger



Garlic



Coriander



Udon Noodles



Beef Strips



Oyster Sauce



Roasted Peanuts



Chilli Flakes (Optional)

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

Spice up your night (and your tastebuds!) with this speedy stir-fry sensation that's sure to delight the whole family. Tender beef coated in a ginger-infused marinade is the star of the show, supported by an array of colourful veggies.

Pantry Staples: Olive Oil, Sesame Oil, Honey, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- large saucepan • large frying pan



1 GET PREPPED

Bring a large saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum** into strips. Finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**.



2 COOK THE NOODLES & VEG

Add the **udon noodles** to the boiling water and cook for **4 minutes**. Add the **broccoli** and **carrot** and cook until tender, **4 minutes**. Drain the **noodles** and **veggies**, then transfer to a medium bowl.



3 FLAVOUR THE BEEF

While the noodles are boiling, in a second medium bowl, combine the **ginger, garlic, sesame oil, honey** and **1/2 the soy sauce**. Add the **beef strips** and toss to coat.



4 COOK THE BEEF

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **capsicum** and cook until tender, **4-5 minutes**. Transfer to the bowl with the **veggies**. Return the frying pan to a high heat. When the oil is hot, add **1/2 the beef strips** and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.

TIP: Wipe out the pan between batches if necessary. Add any leftover marinade to the pan and heat until bubbling.



5 MAKE THE SALAD

Return the frying pan to a medium-high heat and add the **noodles, veggies, oyster sauce, water** and **remaining soy sauce**. Return the **beef strips** plus any **resting juices** to the pan and toss to coat and heat through.



6 SERVE UP

Divide the beef and broccoli noodles between plates and top with the **roasted peanuts**. Garnish the adults' portions with the coriander and a **pinch of chilli flakes** (if using).

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
broccoli	1 head
carrot	2
capsicum	1
ginger	1
garlic	3 cloves
coriander	1 bunch
udon noodles	1 packet
sesame oil* (optional)	1 tbs
honey*	2 tbs
soy sauce*	3 tbs
beef strips	2 packets
oyster sauce	1 packet (100g)
water*	2½ tbs
roasted peanuts	1 packet
chilli flakes (optional)	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2530kJ (606Cal)	563kJ (135Cal)
Protein (g)	45.7g	10.1g
Fat, total (g)	15.9g	3.5g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	65.1g	14.5g
- sugars (g)	13.2g	2.9g
Sodium (g)	3440mg	763mg

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

Hello@HelloFresh.co.nz

2020 | WK01

HelloFRESH