



CHINESE BEEF STIR-FRY

with Sichuan Sauce & Peanuts



Cook a Chinese inspired stir-fry



Garlic



Ginger



Carrot



Green Beans



Asian Greens



Coriander



Sichuan Sauce



Udon Noodles



Beef Strips



Crushed Peanuts



Hands-on: **20-30** mins
Ready in: **25-35** mins

Dive into a tasty bowl of quick-cooking beef strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar

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** or **wok**



1 GET PREPPED

Bring a large saucepan of water to the boil. Finely chop the **garlic** (or use a **garlic press**). Finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **Asian greens**. Roughly chop the **coriander**. In a medium bowl, combine the **Sichuan sauce**, **soy sauce**, **brown sugar** and **rice wine vinegar**.



4 COOK THE VEGGIES

Return the frying pan or wok to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot**, **green beans** and a **splash** of **water** and cook, tossing, until just tender, **4-5 minutes**. Add the **garlic**, **ginger** and **Asian greens** and cook until just wilted, **1 minute**.



2 COOK THE UDON NOODLES

Add the **udon noodles** (see **ingredients list**) to the saucepan of boiling water and cook until just tender, **8-10 minutes**. Drain and refresh under cold water.



5 BRING IT ALL TOGETHER

Add the cooked **udon noodles** to the pan or wok and pour in the **Sichuan sauce mixture**. Cook, tossing, until thickened slightly and well coated, **1 minute**. Return the **beef** to the pan and toss to combine.



3 COOK THE BEEF STRIPS

While the noodles are cooking, heat a **drizzle** of **olive oil** in a large frying pan or wok over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to a bowl. Repeat with the **remaining beef strips**. **TIP:** *Cooking the meat in batches over a high heat helps it stay tender.*



6 SERVE UP

Divide the Chinese beef stir-fry between bowls and garnish with the **crushed peanuts** and **coriander**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
Sichuan sauce	1 packet (80g)	2 packets (160g)
soy sauce*	4 tsp	2 1/2 tbs
brown sugar*	2 tsp	4 tsp
rice wine vinegar*	2 tsp	4 tsp
udon noodles	1/2 packet	1 packet
beef strips	1 packet	2 packets
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2850kJ (682Cal)	538kJ (128Cal)
Protein (g)	46.1g	8.7g
Fat, total (g)	15.3g	2.9g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	85.9g	16.2g
- sugars (g)	20.1g	3.8g
Sodium (g)	1730mg	327mg

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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