

Sweet-Soy Beef & Noodles

with Roasted Peanuts & Lemon

Grab your Meal Kit with this symbol



Garlic



Ginger



Lemon



Courgette



Asian Greens



Carrot



Flat Noodles



Beef Mince



Teriyaki Sauce



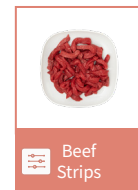
Kecap Manis



Long Red Chilli (Optional)



Roasted Peanuts



Beef Strips

Keep an eye out...

Due to recent sourcing challenges, we've replaced cashews with roasted peanuts, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Spicy (optional long red chilli)

Sometimes you can't go past the classics, like this beef stir-fry with a sweet and savoury sauce. With flat noodles and colourful veggies, it tastes like a takeaway delight, but with the satisfaction of making it yourself!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
lemon	½	1
courgette	1	2
Asian greens	1 bunch	1 bunch
carrot	1	2
flat noodles	1 packet	2 packets
beef mince	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
teriyaki sauce	1 packet (65g)	1 packet (130g)
kecap manis	1 packet (75g)	2 packets (150g)
water*	2 tbs	¼ cup
long red chilli (optional)	½	1
roasted peanuts	1 packet	2 packets
beef strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2967kJ (709Cal)	428kJ (102Cal)
Protein (g)	42.7g	6.2g
Fat, total (g)	21.8g	3.1g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	83.1g	12g
- sugars (g)	37.7g	5.4g
Sodium (mg)	1585mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3744kJ (894Cal)	871kJ (208Cal)
Protein (g)	44.9g	10.4g
Fat, total (g)	41.6g	9.7g
- saturated (g)	17.5g	4.1g
Carbohydrate (g)	80.6g	18.7g
- sugars (g)	11.9g	2.8g
Sodium (mg)	1292mg	301mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Bring a medium saucepan of water to the boil. Finely chop the **garlic**. Finely grate the **ginger**. Zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **courgette** into half-moons. Roughly chop the **Asian greens**. Grate the **carrot**.



Make the sauce

In a small bowl, combine the **soy sauce**, **teriyaki sauce**, **kecap manis** and a dash of **water**.



Cook the noodles

Cook the **flat noodles** in the boiling water, stirring occasionally with a fork to separate, until softened, **2 minutes**. Drain and refresh under cold water.



Stir-fry the veggies

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, stir-fry the **courgette** and **carrot** until tender, **2-3 minutes**. Add the **Asian greens** and stir-fry until tender, **1 minute**. Add the **soy sauce mixture** and cook, tossing, until well combined, **1 minute**. Add the **beef**, **noodles** and a good squeeze of **lemon juice**. Toss together until heated through.



Cook the beef

In a large frying pan or wok, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **beef mince**, **garlic**, **ginger** and **lemon zest**, breaking the mince up with a spoon, until just browned, **2-3 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl.



CUSTOM RECIPE

Heat pan as above. Cook the beef strips, garlic, ginger and lime zest until just browned, 2 minutes. Continue with step.



Serve up

Thinly slice the **long red chilli** (if using). Divide the sweet-soy beef and noodles between bowls. Top with the chilli and **roasted peanuts**. Serve with any remaining lemon wedges.

Enjoy!