



Beef Stir-Fry

with Noodles



HELLO FIVE SPICE

This classic Chinese blend contains star anise, Sichuan pepper, fennel seeds, cassia and cloves.



Rump Steak



Spring Onion



Green Pepper



Red Chilli



Garlic Clove



Ginger



Tomato Ketchup



Soy Sauce



Sweet Chilli Sauce



Rice Vinegar



Water



Chinese Five Spice



Cornflour



Egg Noodle Nest

30 mins

Family Box

1.5 of your 5 a day

Medium Heat

Let tonight's dinner transport you to the bustling backstreets of Beijing! The trick with this dish is to slice the steak as thinly as you can and cook it in a super-hot frying pan. Do it in batches - that way the pieces will crisp up rather than stew. Let us know how it goes!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Put a **Large Saucepan** of water on to boil for the noodles. Make sure you've also got a **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Colander**, **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Slice the **steak** into strips as thinly as you can. **★ TIP:** *Putting it in the freezer for a few minutes first will make this easier.* Remove the root from the **spring onion** and thinly slice (keep the green and white parts separate). Halve, then remove the core from the **green pepper** and slice into ½cm strips. Halve the **red chilli** lengthways, remove the seeds and finely chop. Peel and grate the **garlic** and **ginger** (or use a garlic press).



4 FRY THE STEAK

Heat a good splash of **oil** in a frying pan on high heat. Once almost smoking, carefully place the **steak strips** in the pan. **★ TIP:** *You want the steak to get really crispy so don't crowd the pan.* Cook it in batches if necessary. Once each batch of **steak** is crispy around the edges, remove it to rest on some kitchen paper.



2 MAKE THE SAUCE

In a small bowl, mix together the **tomato ketchup**, **soy sauce**, **sweet chilli sauce**, **rice vinegar** and **water** (amount specified in the ingredient list). Put the **Chinese five spice** and **cornflour** in a mixing bowl. Season with **salt** and **black pepper**. Add the **steak** and toss it in the **cornflour mixture**. **★ TIP:** *Add less Chinese five spice if you want to keep things subtle!*



5 COOK THE VEGGIES

Tip out any excess **oil** from the pan and add the **pepper** and **chilli**. **★ TIP:** *Some like it hot but if that's not you, just use less chilli!* Cook for 2 mins. Add the **garlic**, **ginger** and the white parts of the **spring onion**. Cook for 1 minute more. Add the **sauce** to the veggies in the pan. Cook until glossy, about 1 minute more.



3 COOK THE NOODLES

Add the **noodles** to your pan of boiling water. Cook for 4 mins. Drain in a colander then refill your pan with cold water and submerge the **noodles** to stop them cooking further. Set aside until ready to serve.



6 COMBINE AND SERVE!

Drain the **noodles** again in the colander and add them to the pan along with the **steak strips**. Toss everything together and cook until piping hot, 2-3 mins. Divide between your plates and serve with the green parts of the **spring onion** scattered over the top. **Enjoy!**

4 PEOPLE INGREDIENTS

Rump Steak, sliced	480g
Spring Onion, sliced	3
Green Pepper, sliced	2
Red Chilli, chopped	½
Garlic Clove, grated	2
Ginger, grated	1 knob
Tomato Ketchup ⁹⁾	2 tbsp
Soy Sauce ^{1) 6)}	3 tbsp
Sweet Chilli Sauce	3 tbsp
Rice Vinegar	2 tbsp
Water*	4 tbsp
Chinese Five Spice	2 tsp
Cornflour	2 tbsp
Egg Noodle Nest ^{1) 3)}	3

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	470	133
(kJ)	1997	563
Fat (g)	14	4
Sat. Fat (g)	6	2
Carbohydrate (g)	53	15
Sugars (g)	17	5
Protein (g)	34	10
Salt (g)	3.70	1.00

ALLERGENS

1) Gluten 3) Egg 6) Soya 9) Celery

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour, Preservative E211, Food Colouring E150d

Sweet Chilli Sauce: Sugar (46%), Water, Spirit Vinegar, Red Chillies (5%), Thickener: Modified Maize Starch, Dried Red Peppers (1.5%), Red Chilli Purée (1%) (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea, Salt, Stabiliser: Guar Gum), Onion, Sea Salt, Tomato Purée, Garlic Powder, Preservative: Sorbic Acid.

👍 THUMBS UP OR THUMBS DOWN?

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