



# CHINESE BEEF & GINGER NOODLES

with Crushed Peanuts



Make a stir-fry sauce  
for noodles!



Broccoli



Carrot



Asian Greens



Long Red Chilli (Optional)



Ginger



Oyster Sauce



Sesame Seeds



Ramen Noodles



Beef Strips



Crushed Peanuts



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



Low calorie



Spicy (optional long red chilli)

It's easy to whip up a tasty stir-fry sauce with our tried-and-true formula including fresh ginger, nutty sesame seeds and a touch of honey. Use it in this colourful veggie and beef stir-fry that will have the whole family satisfied!

**Pantry Staples:** Olive Oil, Honey, Soy Sauce, 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. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **carrot** (unpeeled). Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Finely grate the **ginger**. In a small bowl, combine the ginger, **oyster sauce**, **honey**, **soy sauce**, **rice wine vinegar**, **sesame seeds** and the **water**.



### 4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot**, **broccoli** and a **splash** of **water** and cook, tossing, until just tender, **3-4 minutes**. Add the **Asian greens** and cook until tender, **1-2 minutes**.



### 2 COOK THE NOODLES

Add the **ramen noodles** to the saucepan of boiling water and cook until just tender, **4 minutes**. Drain and refresh under cold water.



### 5 BRING IT ALL TOGETHER

Add the **noodles** and the **beef strips** to the pan with any resting juices and pour in the **oyster sauce mixture**. Cook, tossing, until thickened slightly and coated, **1-2 minutes**.



### 3 COOK THE BEEF

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 **1/3** of the **beef strips** with a **pinch** of **salt** and cook until browned and cooked through, **1-2 minutes**. **TIP:** *Cooking the meat in batches over a high heat allows it to brown and develop flavour instead of stewing in the pan.* Transfer to a bowl. Repeat with the remaining beef.



### 6 SERVE UP

Divide the Chinese beef and ginger noodles between bowls and sprinkle with the **crushed peanuts**. Top the adult portions with the **chilli** (if using).

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
broccoli	1 head
carrot	1
Asian greens	1 bunch
long red chilli (optional)	1
ginger	2 knobs
oyster sauce	1 tub (100 g)
honey*	1 tbs
soy sauce*	1½ tbs
rice wine vinegar*	1 tbs
sesame seeds	1 sachet
water*	1½ tbs
ramen noodles	1 packet
beef strips	1 packet
crushed peanuts	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2030kJ (485Cal)	501kJ (120Cal)
Protein (g)	45.1g	11.1g
Fat, total (g)	17.8g	4.4g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	34.3g	8.5g
- sugars (g)	13.1g	3.2g
Sodium (g)	1650mg	407mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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