



# CHINESE BEEF STIR-FRY

with Oyster Sauce & Peanuts



Cook a Chinese inspired stir-fry



Garlic



Carrot



Green Beans



Asian Greens



Coriander



Oyster Sauce



Udon Noodles



Beef Strips



Roasted Peanuts

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

Low calorie

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, Plain Flour



## BEFORE YOU START

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

- **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). 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 **oyster sauce, soy sauce, brown sugar, rice wine vinegar, plain flour** and **water**.



### 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** 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 **udon noodles** to the pan and pour in the **oyster sauce mixture**. Cook, tossing, until thickened slightly and well coated, **1 minute**. Return the **beef** to the pan along with the **roasted peanuts** and toss to combine. **TIP:** For the low-calorie option, omit the roasted peanuts.



### 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. **TIP:** Cooking the meat in batches over a high heat helps it brown and stay tender.



### 6 SERVE UP

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

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 bag (100 g)	1 bag (200 g)
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
oyster sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
rice wine vinegar*	2 tsp	1 tbs
plain flour*	1 tsp	2 tsp
water*	2 tsp	1 tbs
udon noodles	1/2 packet	1 packet
beef strips	1 packet	1 packet
roasted peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (520Cal)	505kJ (121Cal)
Protein (g)	41.4g	9.6g
Fat, total (g)	8.1g	1.9g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	65.8g	15.3g
- sugars (g)	13.6g	3.2g
Sodium (g)	3080mg	713mg

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

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