



Cooking Made Easy

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Beef Chow Mein

Chow Mein has got to be the runaway success dish of the Chinese takeaway restaurant worldwide so we thought we'd teach you how to make your own version at home! Fresh zingy veggies are studded through this meal – and it's absolutely packed with flavour. Perfect for a mid-week pick me up.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

level 1
spicy



Vermicelli



Beef Mince



Chinese 5 Spice



Garlic



Ginger



Long Chilli



Broccoli



Cabbage



Snow Peas



Spring Onions

2P	4P	Ingredients
100 g	200 g	vermicelli noodles
3 tbs	6 tbs	vegetable oil *
200 g	400 g	beef mince
1/2 tsp	1 tsp	HelloFresh Chinese 5 spice
2	4	garlic cloves, peeled & crushed ⊕
1 knob	2 knob	ginger, peeled & grated
1	2	long chilli, diced ⊕
1/2 head	1 head	broccoli, florets separated ⊕
100 g	200 g	red cabbage, shredded A
100 g	200 g	snow peas, trimmed & sliced diagonally
2 tbs	4 tbs	soy sauce *
1 tbs	2 tbs	sesame oil *
1 tbs	2 tbs	brown sugar * (optional)
1 bunch	2 bunches	spring onions, thinly sliced

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2320	Kj
Protein	57.3	g
Fat, total	22.6	g
-saturated	6.5	g
Carbohydrate	24.5	g
-sugars	4.3	g

Measuretool

0 cm	1 cm	2 cm



1 Bring a pot of salted water to the boil and then add in the **vermicelli noodles**; cook for **3-4 minutes** or until just cooked through. Strain and refresh the noodles with cold water. Roughly chop the noodles into short lengths with scissors or a knife and reserve for later.



2 Heat some **oil** in a wok over a high heat, add the **beef mince** and fry while using a spatular to break up the mince for about **4-5 minutes** or until the mince is cooked through. Stir in the **Chinese 5 spice** and place aside for later. Add a little more oil to the wok along with the **garlic**, **ginger**, and **chilli** and cook for just under **1 minute** or until aromatic. Now add in the **broccoli**, **cabbage**, **snow peas**, **soy sauce**, **sesame oil**; if you like a little sweetness add the **brown sugar**. Cook stirring for about **2-3 minutes**. Add in the beef mince, boiled noodles and **spring onion** and stir to combine.

3 Divide the beef chow mein between serving bowls .



Did you know? Headache after a long day? Good news! The lactic acid in cabbage lowers stress and promotes relaxation, giving you some relief from your headache - eat up!