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## Ginger Beef Noodles with Carrot and Bok Choy

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We just love the combination of hoisin sauce and fresh chilli – the perfect balance of spicy and tasty. After this, we reckon you'll be losing the local takeaway's number too.



**Prep:** 15 mins



**Cook:** 10 mins



**Total:** 25 mins



level 1



high protein

### Pantry Items



Olive Oil



Water



Salt-Reduced Soy Sauce



Hoisin Sauce



Garlic



Ginger



Beef Strips



Green Beans



Carrot



Baby Bok Choy



Hokkien Noodles



Coriander

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2P	4P	Ingredients
2 tbs	4 tbs	hoisin sauce
1 tbs	2 tbs	salt-reduced soy sauce *
2 tbs	4 tbs	olive oil *
1 tbs	2 tbs	water *
1 clove	2 cloves	garlic, peeled & crushed
1 knob	2 knobs	ginger, peeled & finely grated
300 g	600 g	beef strips
½ packet	1 packet	green beans, ends trimmed
1	2	carrot, peeled & sliced into matchsticks
1 bunch	2 bunches	baby bok choy, roughly chopped
¾ packet	1 ½ packets	Hokkien noodles (Note: Extra Noodles will alter the flavour)
1 bunch	2 bunches	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3450	Kj
Protein	56.4	g
Fat, total	25.5	g
-saturated	5.4	g
Carbohydrate	84.1	g
-sugars	17.6	g
Sodium	1130	mg



**You will need:** chef's knife, chopping board, garlic crusher, fine grater, small bowl, large frying pan, wooden spoon and plate.

**1** Combine the **hoisin sauce**, **salt-reduced soy sauce**, half the **olive oil**, **water**, **garlic** and **ginger** together in a small bowl. Set aside.

**2** Heat some of the remaining olive oil in a large frying pan over a medium-high heat. Cook the **beef strips** in three batches, stirring, for **1-2 minutes**, or until browned. Remove the beef from the pan and set aside on a plate.

**3** Heat the remaining olive oil in the same pan over a high heat and add the **green beans**, **carrot**, and **baby bok choy**. Cook, stirring, for **1-2 minutes**. Add the hoisin sauce mixture, beef and **Hokkien noodles** and cook, tossing, until everything is heated through.

**4** To serve, divide the saucy beef noodles between plates. Garnish with the **coriander** leaves. Enjoy!



**Did you know?** While the word “hoisin” is Chinese for seafood, the sauce doesn’t contain any seafood products.