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Beef Pad See Ew with Fresh Chili

It's time to learn how to master that favourite of Thai takeaway menus everywhere: Pad See Ew. For the perfect result, make sure your wok is searing hot before adding the beef strips. Don't be afraid to only cook the veg for a few minutes either - a little bite to them is definitely what you want here.



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



level 1



high protein



spicy

Pantry Items



Vegetable Oil



Soy Sauce



Rice Stick Noodles



Beef Strips



Carrot



Spring Onions



Ginger



Garlic



Long Red Chili



Asian Greens



Kecap Manis




Lime

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2P	4P	Ingredients
1/3 packet	2/3 packet	rice stick noodles
1 tbs	2 tbs	vegetable oil *
300 g	600 g	beef strips
1	2	carrot, peeled & cut into matchsticks
1 bunch	2 bunches	Asian greens, trimmed
1 bunch	2 bunches	spring onions, cut into 2 cm lengths 
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed 
1/2	1	long red chilli, finely sliced 
1 tbs	2 tbs	salt-reduced soy sauce *
2 tbs	4 tbs	kecap manis (recommended amount)
1	2	lime, juiced

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2690	Kj
Protein	40.7	g
Fat, total	14.6	g
-saturated	4.1	g
Carbohydrate	82.8	g
-sugars	26.2	g
Sodium	933	mg



You will need: *chef's knife, chopping board, vegetable peeler, fine grater, garlic crusher, tongs, colander, plate, medium saucepan and a large wok or frying pan.*

1 Cook the **rice stick noodles** according to the packet directions. Drain and set aside.

2 Heat half of the **vegetable oil** in a large wok or frying pan over a high heat. Add the **beef strips** and cook, stirring, for **1-2 minutes** or until browned. Remove from the wok and set aside on a plate.

3 Add the remaining vegetable oil to the wok and place back over a high heat. Add the **carrot, Asian greens, spring onions, ginger, garlic** and the **long red chilli** and stir fry for **1-2 minutes** or until fragrant. Return the beef to the pan with the **salt-reduced soy sauce** and **kecap manis**. Stir fry for **1-2 minutes** or until the greens have wilted. Add the rice noodles and toss to coat really well in the sauce. Add the **lime juice** and remove from the heat.

4 To serve, divide the pad see ew between bowls.



Did you know? Australians enjoy approximately 18 million kilograms of noodles every year!