



FEB  
2017

## Zesty Orange Beef Noodles

with Snow Peas

Orange is a great way to add some subtle sweetness to your dish! We also love using the zest, which adds lots of flavour, not to mention vitamin C!

 Prep  
30 min

 level 1



Beef Strips



Spaghetti



Orange



Snow Peas



Garlic



Long Red Chili



Mirin-Soy Blend



Green Onions



Sesame Seeds



Ginger

## Ingredients

	2 People	4 People
Beef Strips	1 pkg (340 g)	2 pkg (680 g)
Spaghetti	1) 1 pkg (170 g)	2 pkg (340 g)
Orange	1	2
Snow Peas	1 pkg (227 g)	2 pkg (454 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Long Red Chili 	1	2
Mirin-Soy Blend	1) 2) 3) 1 pkg (¼ cup)	2 pkg (½ cup)
Green Onions	2	4
Sesame Seeds, toasted	4) 1 pkg (1 tsp)	2 pkg (2 tsp)
Ginger	30 g	60 g
Sugar*	1½ tsp	3 tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Soy/Soja
- 4) Sesame/Sésame

## Tools

Medium Pot, Zester,  
Measuring Spoons, Large  
Non-Stick Pan, Strainer

**Nutrition per person** Calories: 836 cal | Fat: 26 g | Protein: 52 g | Carbs: 98 g | Fibre: 9 g | Sodium: 1041 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**1 Prep: Wash and dry all produce.** Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Finely chop the **chili**, removing the seeds if you prefer less heat. Zest, then juice the **orange**. Peel, then mince **1 tbsp ginger** (double for 4 people.) Thinly slice the **green onions**.

**2 Cook the noodles:** Add the noodles to the boiling water. Cook until noodles are tender, 9-10 min.

**3 Prep and sear the beef strips:** Season the **beef strips** with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the beef strips. (**TIP:** Do not crowd the pan—cook in batches if necessary.) Cook until browned, 1-2 min per side. Transfer the beef to a plate.

**4 Cook the snow peas:** Reduce the heat to medium. Add another drizzle of **oil** to the pan, then **garlic, ginger, snow peas, half the green onions**, and as much **chili** as you would like. Cook, stirring occasionally, until tender-crisp, 3-4 min.

**5 Drain the noodles.** Add the **mirin-soy blend, sugar, orange juice** and **¼ tsp orange zest** (double for 4 people.) (**TIP:** Taste, then add more sugar or another pinch of orange zest if you like it sweeter.) Add the **beef strips** and **noodles**. Stir until thoroughly heated through, 1 min. Season with **salt** and **pepper**.

**6 Finish and serve:** Divide the **zesty orange stir-fry** between bowls. Sprinkle with the **sesame seeds** and **remaining green onions**. Enjoy!

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