



Sweet Chilli Beef Noodle Stir-Fry

with Veggies

FEEL-GOOD TAKEAWAY

KID FRIENDLY

Grab your meal kit with this number

30



Egg Noodles



Courgette



Carrot



Beef Strips



Garlic Paste



Sweet Soy Seasoning



Oyster Sauce



Sweet Chilli Sauce



Baby Leaves



Sesame Seeds



Beef Rump



Beef Strips

Prep in: 5-15 mins
Ready in: 15-25 mins

Protein Rich

Calorie Smart

Golden ropes of egg noodles are wrapping up all the flavours of sweet and savoury in this vibrant stir-fry. Oyster sauce, sweet chilli and sweet soy seasoning enrobe tender beef strips and sauteed veggies for tons of flavour that'll have you coming back for more.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
courgette	1	2
carrot	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water*	½ cup	¾ cups
baby leaves	1 small packet	1 medium packet
sesame seeds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2557kJ (611Cal)	573kJ (136Cal)
Protein (g)	39.3g	8.8g
Fat, total (g)	17.7g	4g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	74.2g	16.6g
- sugars (g)	15.9g	3.6g
Sodium (mg)	1918mg	430mg
Dietary Fibre (g)	11.3g	2.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



Cook the stir-fry

- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce heat to medium, then add **garlic paste** and **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Add **oyster sauce**, **sweet chilli sauce**, the **water**, **baby leaves**, **cooked noodles** and **veggies**, tossing, until combined, **1 minute**. Season with **pepper**.

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



Cook the veggies

- Meanwhile, thinly slice **courgette** and **carrot** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **courgette** and **carrot**, until tender, **4-5 minutes**.
- Transfer to a bowl, season and set aside.



Finish & serve

- Divide sweet chilli beef noodle stir-fry between bowls.
- Sprinkle with **sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest, then slice before serving.



DOUBLE BEEF STRIPS

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

