



CHINESE BEEF & GINGER NOODLES

with Crushed Peanuts



Make a stir-fry sauce for noodles!



Broccoli



Carrot



Asian Greens



Coriander



Ginger



Garlic



Hoisin Sauce



Sesame Seeds



Ramen Noodles



Beef Strips



Crushed Peanuts

Hands-on: 20 mins
Ready in: 25 mins

Low calorie

It's easy to whip up a tasty stir-fry sauce with our tried-and-true formula including fresh ginger, nutty sesame seeds and a touch of honey. Use it in this colourful veggie and beef stir-fry that will have the whole family satisfied!

Pantry Staples: Olive Oil, Honey, Soy Sauce, Rice Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan** or **wok**



1 GET PREPPED

Bring a large saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **carrot** (unpeeled). Roughly chop the **Asian greens**. Roughly chop the **coriander**. Finely grate the **ginger** and **garlic** (or use a garlic press). In a small bowl, combine the ginger, garlic, **hoisin sauce**, **honey**, **soy sauce**, **rice wine vinegar**, **sesame seeds** and the **water**.



2 COOK THE NOODLES

Add the **ramen noodles** to the saucepan of boiling water and cook until just tender, **4 minutes**. Drain and refresh under cold water.



3 COOK THE BEEF

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan or wok over a high heat. When the oil is hot, add **1/3** of the **beef strips** with a **pinch of salt** and cook until browned and cooked through, **1-2 minutes**. **TIP:** *Cooking the meat in batches over a high heat allows it to brown and develop flavour instead of stewing in the pan.* Transfer to a bowl. Repeat with the remaining beef.



4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot**, **broccoli** and a **splash of water** and cook, tossing, until just tender, **3-4 minutes**. Add the **Asian greens** and cook until tender, **1-2 minutes**.



5 BRING IT ALL TOGETHER

Add the **noodles** and the **beef strips** to the pan with any resting juices and pour in the **hoisin sauce mixture**. Cook, tossing, until thickened slightly and coated, **1-2 minutes**.



6 SERVE UP

Divide the Chinese beef and ginger noodles between bowls and sprinkle with the **crushed peanuts**. Top the adult portions with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
broccoli	1 head
carrot	1
Asian greens	1 bunch
coriander	1 bunch
ginger	2 knobs
garlic	2 cloves
hoisin sauce	1 sachet (75 g)
honey*	2 tbs
soy sauce*	2½ tbs
rice wine vinegar*	2 tbs
sesame seeds	1 sachet
water*	2½ tbs
ramen noodles	1 packet
beef strips	1 packet
crushed peanuts	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2030kJ (485Cal)	501kJ (120Cal)
Protein (g)	45.1g	11.1g
Fat, total (g)	17.8g	4.4g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	34.3g	8.5g
- sugars (g)	13.1g	3.2g
Sodium (g)	1650mg	407mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2019 | WK25

