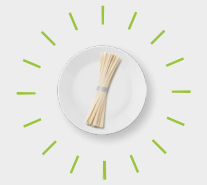




HONEY-SOY BEEF & RAMEN NOODLES

with Roasted Cashews



Make a stir-fry with ramen noodles



Carrot



Ginger



Garlic



Lime



Courgette



Asian Greens



Spring Onion



Roasted Cashews



Ramen Noodles



Beef Mince



Kecap Manis



Chilli Flakes (Optional)

- Hands-on: **25 mins**
- Ready in: **30 mins**
- Spicy (optional chilli flakes)
- Low calorie

Sometimes you can't go past the classics, like this beef stir-fry with a sweet and savoury sauce. With thin ramen noodles and colourful veggies, it tastes like a takeaway delight, but with the satisfaction of making it yourself!

Pantry Staples: Olive Oil, Honey, Soy Sauce

BEFORE YOU START

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



1 GET PREPPED

Bring a medium saucepan of water to the boil. Grate the **carrot** (unpeeled). Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Zest the **lime** to get a **generous pinch**, then cut in half. Slice the **courgette** into 1cm batons (or half-moons if you'd prefer!). Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Roughly chop the **roasted cashews**.



2 COOK THE NOODLES

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



3 COOK THE BEEF

In a large wok or frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a wooden spoon, until just browned, **2-3 minutes**. Add the **ginger, garlic** and **lime** zest and cook, stirring, until fragrant, **1 minute**. Add the **honey** and **soy sauce (for the beef)** and cook until reduced, **1 minute**. Transfer to a medium bowl.



4 MAKE THE SAUCE

In a small bowl, combine the **soy sauce (for the sauce)**, **kecap manis** and a **generous squeeze** of **lime** juice. Set aside.



5 STIR-FRY THE VEGGIES

Return the wok or frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and **courgette** and stir-fry until tender, **3-4 minutes**. Add the **Asian greens** and the sauce mixture and cook, tossing, until tender and well combined, **1 minute**. Add the **honey-soy beef, ramen noodles** and the **water**. Toss together until heated through. **TIP:** *Seasoning is key in this dish! Taste and add more lime juice if you like.*



6 SERVE UP

Divide the honey-soy beef and ramen noodles between plates. Top with the spring onion and roasted cashews. Sprinkle the **chilli flakes** (if using) over the adult portions. Cut the remaining lime into wedges and serve on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|----------------------------|-------------------|
| olive oil* | refer to method |
| carrot | 2 |
| ginger | 2 knobs |
| garlic | 4 cloves |
| lime | 2 |
| courgette | 1 |
| Asian greens | 2 bunches |
| spring onion | 1 bunch |
| roasted cashews | 1 packet |
| ramen noodles | 1 packet |
| beef mince | 1 small packet |
| honey* | 4 tsp |
| soy sauce* (for the beef) | 2½ tbs |
| soy sauce* (for the sauce) | 2½ tbs |
| kecap manis | 2 sachets (150 g) |
| water* | 4 tsp |
| chilli flakes (optional) | pinch |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 1820kJ (435Cal) | 424kJ (101Cal) |
| Protein (g) | 33.4g | 7.8g |
| Fat, total (g) | 13.8g | 3.2g |
| - saturated (g) | 4.6g | 1.1g |
| Carbohydrate (g) | 40.6g | 9.5g |
| - sugars (g) | 19.7g | 4.6g |
| Sodium (g) | 1320mg | 308mg |

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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