



Cooking Made Easy

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Sizzling Steak-Stir Fry with Egg Noodles and Bok Choy

Those who would criticise your chopstick skills must remember that something is only easy if you've been shown how. Only a gifted few manage to ride a bicycle without first using stabilisers, and Chinese cutlery is equally tricky. That's why we've developed the (almost) patented, HelloFresh Chopstick System. All you need is a couple of sticks, a piece of paper and a rubber band - within hours you'll have more skills than Mr Miyagi himself. Good luck, young grasshopper!



20 min



healthy



lactose free



spicy



Flank Steak



Cornflour



Red Chilli



Spring Onion



Garlic Clove



Cashew Nuts



Bok Choy



Egg Noodles



Soy Sauce



Beef Stock Pot




Chinese Five Spice




Lime

Ingredients

	2P	4P
Flank Steak, sliced	1	2
Cornflour	1 tbsp	2 tbsp
Red Chilli, sliced	1 tsp	2 tsp
Spring Onion, sliced	3	6
Garlic Clove, chopped	1	2
Cashew Nuts, crushed 1	1 tbsp	2 tbsp
Bok Choy	1½	3
Egg Noodles 2, 3	1-2 nests	3 nests
Soy Sauce 2, 4	1 tbsp	2 tbsp
Beef Stock Pot	½	1
Chinese Five Spice	1 tsp	2 tsp
Lime	½	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | **2)** Gluten
3) Egg | **4)** Soya

Nutrition per serving: Calories: 582 kcal | Protein: 41 g | Carbs: 66 g | Fat: 16 g | Saturated Fat: 5 g



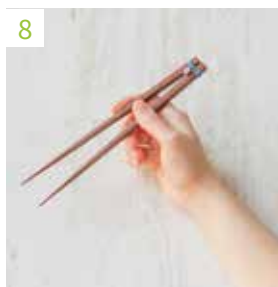
1 Boil a pot of water with ¼ tsp of salt for your noodles. Cut your steak into really thin ribbons. Coat this in the cornflour and a pinch of salt and pepper. **Tip:** *The cornflour is a natural tenderiser so your meat will be deliciously soft.*



2 Slice the chilli in half lengthways, remove the seeds and slice thinly. Thinly slice your spring onions diagonally and finely chop the garlic. Crush your nuts, cut the root off the bok choy and separate the leaves.



3 Put the noodles in the boiling water for 4 mins then drain them (the number of nests depends on how hungry you are!). Refill the pan with cold water, put the noodles back in and keep the pan to the side. **Tip:** *This will stop them cooking and keep them from sticking together.*



4 Heat up ½ tbsp of olive oil in a non-stick pan on high heat until it is almost smoking. Fry the steak in small batches so that the outside is browned off but the inside remains rare. Take the meat out

of the pan and keep to the side for later.

5 Add another ½ tbsp of olive oil into the pan. Fry off the chilli, spring onions and garlic for a couple of mins. Add in the steak, soy sauce and the stock pot. Add 100ml of water, the bok choy, five spice and 1 tsp sugar (if you have some).

6 Once the bok choy has wilted and the sauce has thickened up (which only takes 2 mins), add the noodles (once drained) back into the pan. Toss everything together with a good squeeze of lime juice.

7 To present the dish, simply put your noodles in a bowl, grate on a little bit of lime zest and top with your crushed nuts.

8 Take two chopsticks and wrap an elastic band tightly around the ends to keep them together. Next, take a small piece of paper and wedge this in between them so that you have essentially created a pair of tweezers. The height of HelloFresh technology!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!