



Stir-Fried Honey Sesame Beef Noodles

with Tenderstem® Broccoli and Carrot Ribbons

Family 25-30 Minutes • 1 of your 5 a day

2



Tenderstem® Broccoli



Carrot



Garlic Clove



Egg Noodle Nest



Beef Mince



Soy Sauce



Ketjap Manis



Honey



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, peeler, garlic press, sieve, frying pan, bowl and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------------------|-----------|-----------|-----------|
| Tenderstem® | | | |
| Broccoli** | 80g | 150g | 150g |
| Carrot** | 1 | 1 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Egg Noodle Nest 8 13 | 125g | 187g | 250g |
| Beef Mince** | 240g | 360g | 480g |
| Soy Sauce 11 13 | 25ml | 40ml | 50ml |
| Ketjap Manis 11 | 50g | 75g | 100g |
| Honey | 15g | 22g | 30g |
| Roasted White Sesame Seeds 3 | 5g | 7g | 10g |
| Pantry | 2P | 3P | 4P |
| Tomato Ketchup* | 1½ tbsp | 2¼ tbsp | 3 tbsp |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 368g | 100g |
| Energy (kJ/kcal) | 2826/676 | 768/184 |
| Fat (g) | 22.5 | 6.1 |
| Sat. Fat (g) | 9.2 | 2.5 |
| Carbohydrate (g) | 79.5 | 21.6 |
| Sugars (g) | 28.5 | 7.7 |
| Protein (g) | 40.0 | 10.9 |
| Salt (g) | 5.69 | 1.55 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8**) Egg **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

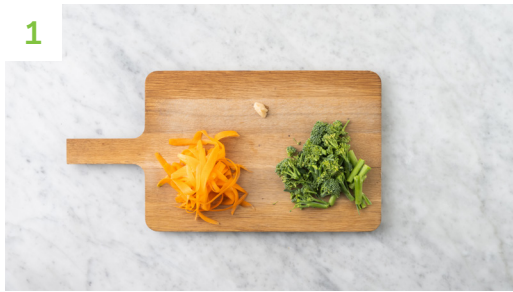
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Get Prepped

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **noodles**.

Halve any thick **broccoli stems** lengthways, then cut widthways into thirds.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Peel and grate the **garlic** (or use a garlic press).



Stir-Fry the Veg

Once the **mince** is cooked, transfer it to a bowl and cover to keep warm.

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **Tenderstem® broccoli** and stir-fry for 2-3 mins, then add the **carrot ribbons** and **garlic** and stir-fry for 30 secs more.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.



Cook the Noodles

When your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Sauce Things Up

Meanwhile, in a small bowl, combine the **soy sauce**, **ketjap manis**, **honey**, **tomato ketchup** and **water for the sauce** (see pantry for both amounts) with **half the sesame seeds**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Once the **veg** is cooked, add the **cooked mince** and **noodles** to the pan.

Pour in the **sticky sauce** and stir together until piping hot, 1-2 mins.

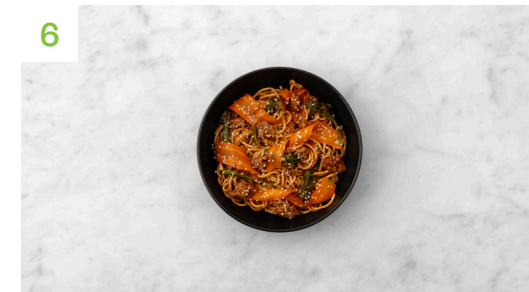


Fry the Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



Serve

When ready, share the **honey sesame beef noodles** between your bowls.

Sprinkle over the remaining **sesame seeds** to finish for those who'd like them.

Enjoy!