

# BEEF CHOW MEIN





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Spring Onion

Red Pepper





Egg Noodles



Mange Tout





Chow Mein Paste



Chow Mein Garnish

20 mins

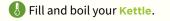






Recreate this classic Chinese noodle dish in less time than it takes for you to decide what you want for dinner. Containing two of your five-a-day, requiring minimal washing up, and on the table in 20 minutes, for a quick-fix dinner that delivers on taste and time, here's a recipe that comes out on top.







## **PREP THE VEGGIES**

- a) Halve the **pepper**, discard the core and seeds then thinly slice.
- b) Trim the ends from the spring onion then thinly slice.



## **2** COOK THE NOODLES

- a) Add the **noodles** to a large saucepan, cover with the boiling water and simmer on medium heat for 4 mins.
- b) Drain in a colander and set aside.



- a) Meanwhile, heat a splash of oil in a frying pan on high heat.
- b) When the oil is hot, add the beef strips and stir-fry until browned, 2 mins.
- c) Add the pepper, mange tout and half the spring onion.
- d) Stir-fry for another 3-4 mins, until the veggies have softened.



5) Crustaceans 7) Milk 8) Egg 11) Soya 13) Gluten

### Chow Mein Paste: Water, Soy Sauce (Water, Soybeans, Wheat, and Salt), Sunflower Oil, Whey Powder (Milk), Onion Powder, Honey, Salt, Ginger Puree, Sugar, Garlic Powder, Dried Shrimp (Crustaceans), Garlic Extract, Ground Ginger, Spice Extracts, Ground Black Pepper, Ground Star Anise.

**INGREDIENTS** 

2

2 nests

280g

1 pack

45g

10g

PER SERVING

411G

589

2464

18

7

66

16

44

5.83

1 sachet

PER

100G

143

600

2

16

4

11

1.42

Red Pepper, sliced Spring Onion, sliced

Egg Noodles 8) 13)

Soy Sauce 11) 13)

Chow Mein Garnish

**NUTRITION FOR** 

Energy (kcal)

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

**ALLERGENS** 

Salt (g)

(kJ)

Carbohydrate (g)

Chow Mein Paste 5) 7) 11) 13)

**UNCOOKED INGREDIENTS** 

Beef Strips

Mange Tout

Chow Mein Garnish: Red Bell Pepper, Tomato Flake, Dried Onion, Chive Rolls, Crushed Chilli.

Soy Sauce: Water, Soy Beans, Wheat, Salt, Sodium

🔝 Wash your hands before and after handling ingredients. Wash fruit and vegetables - but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

## THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk 

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## 4 STIR IN THE SAUCE

- a) Stir in the soy sauce and 1 tbsp water per person.
- b) Lower the heat to medium, stir in the chow mein paste and garnish, stir-fry for 1 minute to dissolve.



# 5 ADD THE NOODLES

a) Add the noodles and stir through until piping hot.



## 6 FINISH AND SERVE

a) Serve the **beef chow mein** in bowls sprinkled with the remaining spring onion.

**ENJOY!**