



BEEF CHOW MEIN



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Red Pepper



Spring Onion



Egg Noodles



Beef Strips



Mange Tout



Soy Sauce



Chow Mein Paste



Chow Mein Garnish

MEAL BAG

20 mins

2 of your 5 a day

Little heat

Rapid recipe

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.

GET PREPARED!

Fill and boil your Kettle.

BEFORE YOU START

- 🔗 Fill and boil your **Kettle**. | 🧼 Wash the veggies. | 🍴 Make sure you've got a **Large Saucepan**, **Colander** and **Frying Pan**.
Let's start cooking the **Beef Chow Mein**.



1 PREP THE VEGGIES

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



2 COOK THE NOODLES

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



3 START THE STIR-FRY

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



4 STIR IN THE SAUCE

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



5 ADD THE NOODLES

- Add the **noodles** and stir through until piping hot.



6 FINISH AND SERVE

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

ENJOY!

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Spring Onion, sliced	2
Egg Noodles 8) 13)	2 nests
Beef Strips	280g
Mange Tout	1 pack
Soy Sauce 11) 13)	1 sachet
Chow Mein Paste 5) 7) 11) 13)	45g
Chow Mein Garnish	10g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 411G	PER 100G
Energy (kcal)	589	143
(kJ)	2464	600
Fat (g)	18	4
Sat. Fat (g)	7	2
Carbohydrate (g)	66	16
Sugars (g)	16	4
Protein (g)	44	11
Salt (g)	5.83	1.42

ALLERGENS

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.

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

Soy Sauce: Water, **Soy Beans**, **Wheat**, Salt, Sodium Benzoate.

🧼 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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