



Hoisin Beef and Mixed Veg Stir-Fry with Egg Noodles and Sesame Seeds

Family 25-30 Minutes • 2 of your 5 a day

10



Bell Pepper



Green Beans



Carrot



Garlic Clove



Beef Mince



Egg Noodle Nest



Hoisin Sauce



Ketjap Manis



Roasted White
Sesame Seeds

Before you start

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

Cooking tools

Saucepan, vegetable peeler, garlic press, frying pan and colander.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	200g
Carrot**	1	1	2
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Hoisin Sauce 11)	96g	160g	192g
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Roasted White Sesame Seeds 3)	5g	7g	7g

*Not Included **Store in the Fridge ***Based on season,
the colour of your bell pepper will either be yellow, green,
red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	2926 /699	692 /165
Fat (g)	23.6	5.6
Sat. Fat (g)	9.1	2.1
Carbohydrate (g)	82.2	19.4
Sugars (g)	31.2	7.4
Protein (g)	37.1	8.8
Salt (g)	4.06	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

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, 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.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Trim and halve the **green beans**. 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).



Add More Veg

Once the **mince** has browned and the **pepper** has softened, add the **carrot ribbons** to the pan. Stir-fry until just soft, 2-3 mins.

Add the **garlic** and stir-fry for 1 min more.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

When the **oil** is hot, add the **beef mince** and **sliced pepper**. Stir-fry until the **mince** has browned and the **pepper** has softened, 5-6 mins. Use a spoon to break up the **mince** 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.



Sauce Things Up

Once cooked, add the **noodles** and **beans** to the frying pan. Pour in the **hoisin sauce**, **ketjap manis** and **water for the sauce** (see ingredients for amount), then mix well to combine.

Cook until everything is piping hot, 2-3 mins, then remove from the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Cook the Noodles and Beans

Meanwhile, add the **noodles** and **green beans** to the pan of boiling **water** and cook until tender, 4 mins.

Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together and to keep the beans vibrant.



Serve

Share the **hoisin beef noodles** between your serving bowls.

Finish with a sprinkling of **roasted sesame seeds** for those who'd like them.

Enjoy!