



Pan-Fried Steak Strips

with Creamy Laksa

N° 10

FAMILY Hands on Time: 20 Minutes • Total Time: 20 Minutes • Little Heat • 1.5 of your 5 a day



Leek



Carrot



Spring Onion



Lime



Beef Steak Strips



Massaman Curry Paste



Coconut Milk



Egg Noodle Nests

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater, Large Saucepan, Measuring Jug, Frying Pan and Kitchen Foil.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Carrot**	1	2	2
Spring Onion**	1	2	2
Lime**	1	1	1
Beef Steak Strips**	260g	390g	520g
Massaman Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Boiling Water for the Sauce*	600ml	900ml	1.2 ltr
Egg Noodle Nests 8) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	490g	100g
Energy (kJ/kcal)	2904 /694	593 /142
Fat (g)	33	7
Sat. Fat (g)	22	5
Carbohydrate (g)	59	12
Sugars (g)	10	2
Protein (g)	41	8
Salt (g)	2.14	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 13) Gluten

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

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Prepped

Fill and boil your kettle. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Trim the **spring onion** and thinly slice. Zest and halve the **lime**.



4. Fry the Steak

While the **veg** cooks, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **steak strips** and stir fry until browned on the outside, about 3 mins. Once cooked, remove to a bowl to rest and cover with kitchen foil.



2. Get Cooking

Pop the **steak strips** in a bowl with the **lime zest**. Season with **salt** and **pepper**. Stir and set aside. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a drizzle of **oil** in a large saucepan on medium high heat. Once the **oil** is hot, add the **leek** and **carrot** with a pinch of **salt** and **pepper**. Stir-fry until the **leek** is soft, 3-4 mins.



5. Cook the Noodles

Once the **veg** are soft, add the **noodles** to the pan with the **veg** and **coconut**. Use a fork to unravel them and cook them uncovered until tender, 4 mins. **TIP:** Add a splash of water if the noodles have soaked up too much of the liquid - it's supposed to be quite soupy!



3. Simmer

Once the **leek** is soft, stir in the **curry paste** and cook for 1 minute. Pour in the **coconut milk** and **boiling water** (see ingredient list for amount). Add a good pinch of **salt** and **pepper** and bring the mixture to the boil. Cover with a lid, reduce the heat to medium and simmer until the **carrots** are tender, 5 mins.



6. Finish and Serve

Once the **noodles** are cooked, remove the pan from the heat and add a squeeze of **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it. Spoon into bowls and top with the **steak strips** and a sprinkling of **spring onion**.

Enjoy!