



SEARED STEAK STIR-FRY

with Charred Sweetcorn and Veggies



HELLO XXX

XXX.



Red Pepper



Green Beans



Spring Onion



Garlic Clove



Sweetcorn



Coriander



Salted Peanuts



Soy Sauce



Ketchup



Egg Noodles



Beef Steak Strips



Easy Ginger

MEAL BAG

Hands on: 20 mins
Total: 30 mins

2 of your
5 a day

Family Box

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Saucepan**, **Colander** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** and chop into thirds. Trim the **spring onion** and thinly slice. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **sweetcorn** in a sieve. Leave in the sieve to ensure all the water comes out. Put a large saucepan of water with a pinch of salt on to boil for the noodles.



2 MAKE THE SAUCE

Roughly chop the **coriander** (stalks and all!) and the **peanuts**. Mix the **soy sauce** and **ketchup** together in a small bowl.



3 COOK THE NOODLES

Add the **noodles** to the pan of boiling water and simmer until tender, 4 mins. Once tender, drain in a colander, pop back into your pan (off the heat) and fill with cold water (this will stop them cooking anymore). In the meantime, heat a large frying pan on high heat (no oil).



4 FRY!

When the pan is really hot, add the **sweetcorn**. Cook, stirring occasionally and gently shaking the pan until the **corn** is charred, about 4 mins. **TIP: Don't move it too much or it won't char properly.** When charred, pop the **corn** into a large bowl, put your pan back on high heat with a glug of **oil**. Add the **steak strips** and a pinch of **salt** and **pepper**. Stir-fry until browned on the outside, about 4 mins. Add it to the bowl with the **sweetcorn**.



5 FINISH COOKING!

Reduce the heat slightly to medium-high and pop the pan back on the heat. Add the **red pepper** and **green beans**. Add a pinch of **salt** and **pepper** and stir-fry until the **veggies** have softened, 5-6 mins. Add **half** the **spring onion**, the **easy ginger** and the **garlic** to the pan. Stir-fry for 2 mins, then add in the **sweetcorn**, **steak strips** and any **juices** from the **steak**.



6 COMBINE AND SERVE

Pour in the **sauce** you made in step 2, stir everything together well, then bring to a simmer. Add a splash of **water** if the **sauce** is a little dry. Drain the **noodles** again and add them to the frying pan. Stir together and cook until piping hot. Serve the **steak stir-fry** in bowls and sprinkle the **coriander**, **peanuts** and remaining **spring onion** over the top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	½	1	1
Green Beans *	1 small pack	1 small pack	1 small pack
Spring Onion *	1	2	2
Garlic Clove *	1	1	2
Sweetcorn	½ carton	1 carton	1 carton
Coriander *	½ bunch	1 bunch	1 bunch
Salted Peanuts 1)	½ bag	1 bag	1 bag
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Ketchup 10)	1 sachet	1½ sachets	2 sachets
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Beef Steak Strips *	280g	420g	420g
Easy Ginger	½ sachet	1 sachet	1 sachet

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 446G	PER 100G
Energy (kcal)	635	142
(kJ)	2655	596
Fat (g)	22	5
Sat. Fat (g)	10	2
Carbohydrate (g)	70	16
Sugars (g)	17	4
Protein (g)	38	8
Salt (g)	3.90	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 10) Celery 11) Soya 13) Gluten

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

THUMBS UP OR THUMBS DOWN?

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