



SOY & REDCURRANT LAMB STIR-FRY

with Noodles and Roasted Broccoli



HELLO BROCCOLI

This vegetable is actually a flowerhead. Each of those tiny little green dots is a bud!



Broccoli



Onion



Garlic Clove



Ginger



Carrot



Egg Noodle Nests



Lamb Strips



Soy Sauce



Redcurrant Jelly

MEAL BAG
4

30 mins

2.5 of your 5 a day

What we love about this recipe is that it's fast food that is simple, delicious and healthy. Savoury soy sauce contrasts wonderfully with the sweet redcurrant, while the spice of ginger and garlic cuts through these tastes for a serious jolt of flavour. Roasting the broccoli helps it retain that fresh snap and crunch we so love in a stir fry. Once cooked, serve the noodles in bowls and get stuck in!

BEFORE YOU START

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



1 ROAST THE BROCCOLI

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a pinch of salt for the noodles. Chop the **broccoli** into florets (like small trees!). Lay them on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until crispy, 15-20 mins. Once roasted, remove from the oven and leave to the side.



2 DO THE PREP

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways into half moons.



3 COOK THE NOODLES

Place the **noodles** into the pan of boiling **water**, stir to separate and cook for 4 mins. Once cooked, drain in a sieve and pop back into the pan. Drizzle with **oil** and mix through to stop them sticking together. Set aside.



4 FRY THE LAMB

Heat a drizzle of **oil** in a frying pan on high heat. When hot, add the **lamb strips** and a pinch of **salt** and **pepper**. Stir-fry until browned on the outside, 4-5 mins. Once browned, remove the **strips** to a bowl. Put the pan back on the heat and turn the heat to medium-high. Add the **onion** and **carrot** along with another drizzle of **oil** if needed, and a pinch of **salt** and **pepper**. Stir-fry until the **onion** and **carrot** have softened, 5 mins.



5 ADD THE SAUCE

Add the **ginger** and **garlic** to the pan and stir-fry for 1 minute, then add **lamb strips** back into the pan and remove the pan from the heat. Add the **redcurrant jelly** and the **soy sauce** along with 1 tbsp of **water** per person. Stir together to dissolve the **jelly**, then add the **roasted broccoli** and **noodles** into the pan and toss everything together. **! IMPORTANT:** *The lamb strips are cooked when they are no longer pink in the middle.*



6 FINISH AND SERVE

Pop back on the heat and warm everything through until piping hot, about 2 mins. Remove from the heat. Taste and add more **salt** and **pepper** if you feel it needs it. Serve in bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Broccoli *	1	1½	2
Onion *	1	1	2
Garlic Clove *	2	3	4
Ginger *	1 piece	1 piece	2 pieces
Carrot *	1	2	2
Egg Noodle Nests 8) 13)	2	3	4
Lamb Strips *	200g	300g	400g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Redcurrant Jelly	1 pot	1½ pots	2 pots

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 500G	PER 100G
Energy (kJ/kcal)	2125 / 508	425 / 102
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	72	14
Sugars (g)	21	4
Protein (g)	37	7
Salt (g)	3.09	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 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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