



Spicy Beef Stir-Fry

with Noodles, Green Pepper and Peanuts

CLASSIC 25 Minutes • Medium Heat • 2 of your 5 a day

N° 2



Red Onion



Green Pepper



Coriander



Garlic Clove



Salted Peanuts



Spring Onion



Noodles



Beef Steak Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Salted Peanuts 1)	25g	40g	40g
Spring Onion**	1	2	2
Noodles 8) 13)	1 pack	2 packs	2 packs
Beef Steak Strips**	240g	360g	480g
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	400g	100g
Energy (kJ/kcal)	2540 /607	634 /152
Fat (g)	22	5
Sat. Fat (g)	7	2
Carbohydrate (g)	58	14
Sugars (g)	20	5
Protein (g)	45	11
Salt (g)	5.22	1.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **3)** Sesame **8)** Egg **11)** Soya **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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

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Packed in the UK



1. Get Prepped!

Bring a pan of **water** to the boil for the noodles. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**. Trim the **spring onions** then slice thinly.



4. Veg Time

When the **oil** is hot, stir-fry the **red onions** and **peppers** until slightly softened, 4-5 mins, adding the **garlic** for the final minute. Lower the heat and stir in the **hoisin sauce**, **soy sauce**, a splash of **water** and the **noodles**. Bring to a bubble and remove from the heat.



2. Cook the Noodles

When the pan of **water** is boiling, add the **noodles**. When drained, run under cold water to prevent it from sticking together then set aside.



5. Finish off

Return the pan to medium heat and stir in the **beef strips** you browned earlier. Pour in any **steak resting juices**. Stir-fry until everything is piping hot and then mix through the **coriander**.



3. Cook the Beef

Heat a splash of **oil** in a large frying pan over high heat. When the **oil** is hot, add the **steak strips**. Sprinkle on the **Thai spice** (see ingredients for amounts - be careful it's hot!) and stir-fry until browned but not cooked through, 2 mins. **TIP: Do this in batches if your pan is small. You want the steak to brown not stew.** Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**. **IMPORTANT: The steak is safe to eat when the outside is cooked.**



6. Serve

Divide the stir-fry between plates and top with the **peanuts** and sliced **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.