



# Spicy Szechuan Beef Stir-Fry Noodles

with Noodles, Green Beans and Carrots

N° 25

Calorie Smart 25 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day



-  Green Beans
-  Carrot
-  Spring Onion
-  Lime
-  Garlic Clove
-  Egg Noodle Nest
-  Szechuan Paste
-  Beef Steak Strips

## Before you start

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

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Garlic Press, Sieve, Bowls and Frying Pan.

## Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Carrot**	1	2	2
Spring Onion**	1	2	2
Lime**	½	½	1
Garlic Clove	1	1	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Szechuan Paste 11)	100g	125g	150g
Beef Steak Strips	240g	360g	480g
Water for the Sauce*	100ml	125ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2316 / 553	584 / 140
Fat (g)	14	4
Sat. Fat (g)	6	1
Carbohydrate (g)	65	16
Sugars (g)	15	4
Protein (g)	41	10
Salt (g)	3.21	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

Bring a large saucepan of **water** up to the boil with ¼ tsp **salt** for the **noodles**. Trim and halve the **green beans**. Trim the **carrot** (no need to peel). Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the **carrot** centre. Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).



## Stir-Fry the Veg

Wipe out the now empty frying pan and heat a drizzle of **oil** on high heat. Add the **carrot**, **green beans** and **garlic** and stir-fry until tender, 5-6 mins. Continue to stir while it cooks.



## Cook the Noodles

When the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a sieve, and keep to one side for later. **TIP: Run the noodles under cold water to stop them sticking together.** Meanwhile, pour the **Szechuan paste** into a medium bowl. Add the **water** (see ingredients for amount), the **lime zest** and a squeeze of **lime juice**. Mix well to combine and keep aside.



## Finish Up

Once the **vegetables** are cooked, pour in your **sauce**, allow it to bubble for a minute then add the **cooked noodles** and **beef strips**. Toss well to coat everything in the **sauce**. Allow it to cook until everything is piping hot, 1-2 mins (keep stirring). Take the pan off the heat, taste and season with a little **salt** or more **lime juice** if you feel it needs it. **TIP: Add a splash more water if it has become a little dry.**



## Flash-Fry the Beef

Heat a drizzle of **oil** in a large frying pan on high heat. Once the **oil** is hot, add the **beef strips** to the pan and season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw beef.** Fry until browned, 1-2 mins, continuously stirring. **TIP: Don't crowd the pan or your beef strips will stew not fry.** It's best to cook it in batches. Once each batch of **beef** is browned, remove it to rest on a kitchen paper-lined plate. **IMPORTANT: The beef is safe to eat when the outside is browned.**



## Serve

Divide the **Szechuan beef noodles** between your bowls, scatter over the **spring onion** and tuck in.

## 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.