



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Stir-Fried Chinese Chilli Beef

Well, you could knock us down with a feather! When Patrick whipped up this little number, we were instantly transported to a bustling backstreet eatery in Hong Kong. It blew our socks off! The trick with this dish is to slice your steak into strips as thinly as you can. Next, you need to cook it in a super hot frying pan in batches. By leaving space between each strip in the pan, they'll crisp up rather than stew. Let us know how it goes!

30 mins

1.5 of your 5 a day

mealkit

spicy



Flank Steak (1)



Spring Onion (2)



Green Pepper (1)



Red Chilli (½)



Garlic Clove (1)



Chinese Five Spice (1 tsp)



Cornflour (1 tbsp)



Ginger (½)



Egg Noodle Nest (2)



Tomato Ketchup (1 tbsp)



Soy Sauce (1½ tbsp)




Sweet Chilli Sauce (1½ tbsp)



Rice Vinegar (1 tbsp)

2 PEOPLE INGREDIENTS

- Flank Steak **1**
- Spring Onion, sliced **2**
- Green Pepper, sliced **1**
- Red Chilli, chopped **1/2**
- Garlic Clove, grated **1**
- Chinese Five Spice **1 tsp**
- Cornflour **1 tbsp**
- Ginger, chopped **1/2**
- Egg Noodle Nest **2**
- Tomato Ketchup **1 tbsp**
- Soy Sauce **1 1/2 tbsp**
- Sweet Chilli Sauce **1 1/2 tbsp**
- Rice Vinegar **1 tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cornflour is used as laundry starch, in sizing paper, in making adhesives, and in cooking.

Allergens: Egg, Soya, Gluten, Celery.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	522 kcal / 2203 kJ	9 g	3 g	66 g	20 g	47 g	3 g
Per 100g	112 kcal / 472 kJ	2 g	1 g	14 g	4 g	10 g	1 g

Soy Sauce: Water, Soybeans, Wheat, Salt.

Sweet Chilli Sauce: Sugar (46%), Water, Spirit Vinegar, Red Chillies (5%), Thickener: Modified Maize Starch, Dried Red Peppers (1.5%), Red Chilli Purée (1%) (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea, Salt, Stabiliser: Guar Gum), Onion, Sea Salt, Tomato Purée, Garlic Powder, Preservative: Sorbic Acid.



1 Slice the **steak** into strips as thinly as possible (paper thin!). Finely slice the **spring onion**, separating the **green** and **white** parts. Remove the core from the **green pepper** and slice into thin matchsticks. Finely chop the **red chilli** and peel and grate the **garlic** (or use a garlic press if you have one).



2 Mix the **Chinese five spice** and **cornflour** in a bowl with a pinch of **salt** and **black pepper**. Add your **steak** to the bowl and coat in your **cornflour mixture**. **Tip:** Add less Chinese five spice if you don't like a flavour explosion! Peel the **ginger** with the edge of a spoon and finely chop.



3 Meanwhile, boil a pot of water with a good pinch of **salt**. Once boiling, add the **noodles** and cook for 4 mins. Drain your **noodles** then put them back in the pot with cold water. Leave to the side for later.



4 Heat a good splash of **oil** in a non-stick frying pan on high heat. Once almost smoking, carefully (it'll sputter) place your **steak strips** in the pan. **Tip:** Do not crowd the pan - you want to really crisp the steak - cook in batches if necessary.

5 Once your **steak** is crispy around the edges, remove it and rest on kitchen paper (if you have some).

6 Tip out any excess oil from the pan and add your **pepper** and **chilli** (the amount of chilli you add depends on how spicy you like things!) and cook for 2 mins. Add your **garlic**, **ginger** and the **whites** of your spring onion. Cook for 1 more minute.

7 Mix together the **ketchup**, **soy sauce**, **sweet chilli sauce**, **rice vinegar** and a splash of **water**. Tip the mixture into the pan and cook for 1 minute. Add your **steak strips** back into the pan and stir together.

8 Drain your **noodles** and add them to the pan. Scatter over the **green parts** of your **spring onion**. Toss together for 1 minute before serving.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!