



Sweet Chilli Beef

with Noodles, Veggies and Sesame Seeds

N° 10

FAMILY Hands On Time: 10 Minutes • Total Time: 25 Minutes • 1 of your 5 a day



Ginger



Garlic Clove



Soy Sauce



Sweet Chilli Sauce



Beef Steak Strips



Red Pepper



Carrot



Spring Onion



Egg Noodle Nest



Sesame Seeds



Ketjap Manis

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater, Mixing Bowl, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Ginger**	1 piece	1½ pieces	2 pieces
Garlic Clove**	1 clove	2 cloves	2 cloves
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets	2 sachets
Beef Steak Strips**	240g	360g	480g
Red Pepper**	1	2	2
Carrot**	1	1	2
Spring Onion**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	411g	100g
Energy (kJ/kcal)	2590 / 619	631 / 151
Fat (g)	19	5
Sat. Fat (g)	7	2
Carbohydrate (g)	72	18
Sugars (g)	23	6
Protein (g)	42	10
Salt (g)	3.71	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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1. Marinate the Steak

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Pop the **ginger** and **garlic** into a bowl with the **soy sauce** and **sweet chilli sauce**. Stir together then add the **steak strips** and stir to combine. Leave to the side to marinate while you prep the **veg**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



4. Fry the Steak

Heat a drizzle of **oil** in a large frying pan on medium high heat. Once your **oil** is really hot, add the **steak strips** (leaving any marinade in your bowl) and fry until browned on the outside, 2-3 mins, stirring occasionally. Remove the **steak** and any **juice** from the pan into a clean bowl. **IMPORTANT:** Steak is safe to eat when the outside is no longer pink.



2. Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Trim the **spring onion** and thinly slice.



5. Fry the Veggies

Once your steak is removed from the pan, add another drizzle of **oil** if the pan is dry, then add the **pepper**, **carrot** a pinch of **salt** and **pepper**. Stir fry until the **veggies** are softened, 5-6 mins. Add any leftover **marinade** and **half** the **spring onion** to your pan, stir and cook for 2 mins. Add the **steak** (and any escaped **juices**) back in as well along with the **sesame seeds**, stir and cook until piping hot, 2 mins.



3. Cook the Noodles

Add the **noodles** to the boiling **water** and cook until tender, 4 mins. Once cooked, drain in a colander. Refill your saucepan (off the heat) with **cold water** and pop in the **noodles**. **TIP:** This stops them cooking any more.



6. Finish and Serve

Drain the **noodles** and add them to your frying pan. Add the **ketjap manis**, stir together and cook until the **noodles** are piping hot, 2 mins. Divide between your bowls and sprinkle over the remaining **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.