



Szechuan Fried Beef with Ginger Sesame Noodles

Calorie Smart 30 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

28



Bell Pepper



Spring Onion



Onion



Sesame Seeds



Sesame Oil



Ginger Puree



Beef Mince



Szechuan Paste



Egg Noodle Nest

Before you start

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

Cooking tools, you will need:

Frying pan, Wooden spoon, Saucepan, Sieve.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Onion**	1	1	2
Sesame Seeds 3)	15g	25g	25g
Sesame Oil 3)	1 sachet	2 sachets	2 sachets
Ginger Puree	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Szechuan Paste 11)	100g	150g	200g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests

Not Included **Store in the Fridge *Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	2486 /594	613 /146
Fat (g)	35	9
Sat. Fat (g)	11	3
Carbohydrate (g)	35	9
Sugars (g)	14	3
Protein (g)	33	8
Salt (g)	2.85	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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

Thumbs up or thumbs down?

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1 Prep

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim and thinly slice the **spring onion**. Halve, peel and thinly slice the **onion**. Heat a large frying pan on medium heat (no oil). Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

TIP: Watch them like a hawk as they can burn easily. Transfer them to a small bowl.



2 Veg Time

Pop the (now empty) frying pan back on medium-high heat. Add the **sesame oil**. When hot, add the sliced **pepper** and **onion** and stir-fry until soft and starting to char, 6-7 mins. Once charred, add the **ginger puree** then remove from the heat.



3 Cook the Beef

Heat a drizzle of **oil** in a medium frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. Once cooked, add **half of the Szechuan paste** and set the pan aside. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



4 Noodle Time

Meanwhile, bring a saucepan of **water** up to the boil with ¼ tsp **salt** for the **noodles**. When boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



5 Combine

Once the **noodles** have cooked, add them to the pan with the **beef** along with the **charred veg** and remaining **Szechuan paste**. Stir well to coat and heat until piping hot.



6 Serve

Share the **Szechuan fried beef noodles** between your plates. Sprinkle over the **spring onion** and **sesame seeds** to finish.

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.