



Cooking Made Easy

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## Sizzling Steak and Chilli Corn Stir Fry with Bok Choy

We're making corn while the sun shines! Corn on the cob is one of those blink and you miss it delicacies that only comes into season for a couple of months in late summer. We've got a few recipes up our sleeve for you to gnaw it off the cob a la caveman, but tonight we're trying a slightly different technique. Is it just us, or is there something strangely satisfying about stripping the corn from the cob using your knife? Answers on Facebook please!



35 min



spicy



lactose free



healthy



Garlic Clove



Red Chilli



Green Pepper



Bok Choy



Carrot



Coriander



Corn on the Cob



Flank Steak



Egg Noodles



Sesame Oil



Sweet Soy Sauce



Sesame Seeds

## Ingredients

	2P	4P
Garlic Clove, chopped	1	2
Red Chilli, chopped	½	1
Green Pepper, sliced	1	2
Bok Choy, chopped	1	2
Carrot, chopped	1	2
Coriander, chopped	3 tbsp	5 tbsp
Corn on the Cob	1	2
Flank Steak	1	2
Egg Noodles <b>1, 2</b>	2 nests	3 nests
Sesame Oil <b>3</b>	1 tbsp	2 tbsp
Sweet Soy Sauce <b>1, 4</b>	1 sachet	2 sachets
Sesame Seeds <b>3</b>	2 tsp	4 tsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Gluten | **2)** Egg  
**3)** Sesame | **4)** Soya

**Nutrition per serving:** Calories: 481 kcal | Protein: 34 g | Carbs: 79 g | Fat: 3 g | Saturated Fat: 0.7 g



**1** Peel and very finely chop the garlic. Chop the top off the chilli, cut in half lengthways and finely chop as much as you dare (we used the whole lot but we like it spicy!). Remove the core from the pepper and slice in half lengthways. Slice each half lengthways into very thin strips (around ½cm). Chop the base from the bok choy and discard before chopping the remainder widthways into 1cm pieces. Peel and chop the carrot into micro-thin sticks, then roughly chop the coriander.



**2** Place the corn vertically on your chopping board (i.e. with the base on the board) and rest your hand on top. Run your knife downwards to remove the corn from the cob. Mind it doesn't ping all over the place!



**3** Very, very thinly slice your steak into ribbons. If you happen to have some cornflour (or just plain flour) evenly coat the strips in 1½ tbsp. **Tip:** *By thin, we mean wafer thin.*



**4** Boil a medium sized pot of water with ¼ tsp of salt. Once it comes to a boil, cook the noodles

for 4 mins before draining them and putting back in the pot with some cold water (this will stop them from overcooking). **Tip:** *Let your appetite decide how many nests you want! We used 1 nest for 2 people.*

**5** Put a frying pan on medium-high heat and add the sesame oil. Once it's really hot add in the steak and season with a good pinch of salt. Stir fry it until it's just browned off on the outside (this should take a couple of mins), then put on a plate for later.

**6** Heat 1 tbsp of oil in a non-stick frying pan (you can use the same pan you just used for the steak) on medium-high heat and once it's nice and hot add in the garlic, chilli and corn. Cook for 2 mins then add the pepper and slices. Cook for 3 mins before adding the bok choy for a couple of mins.

**7** Tip in the soy sauce and steak and give everything a gentle stir before tossing in the drained noodles and coriander. Serve with a sprinkle of sesame seeds on top.

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