



More Than Food

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

Those who would criticise your chopstick skills must remember that something is only easy if you've been shown how. Only a gifted few manage to ride a bicycle without first using stabilisers, and Chinese cutlery is equally tricky. That's why we've developed the (almost) patented, Hello Fresh Chopstick System. All you need is a couple of sticks, a piece of paper and a rubber band - within hours you'll have more skills than Mr Miyagi himself. Good luck, young grasshopper!



35 mins



spicy



lactose free



healthy



family box



Garlic Clove (2)



Red Chilli (1)



Green Pepper (2)



Bok Choy (2)



Carrot (2)



Coriander (5 tbsp)



Flank Steak (4)



Egg Noodles (3 nests)



Sesame Oil (1 tbsp)



Organic Sweetcorn (1 tin)




Sweet Soy Sauce (3 tbsp)



Sesame Seeds (4 tsp)

## Ingredients

	2P	4P
Garlic Clove, chopped	-	2
Red Chilli, chopped	-	1
Green Pepper, sliced	-	2
Bok Choy, chopped	-	2
Carrot, chopped	-	2
Coriander, chopped	-	5 tbsp
Flank Steak	-	4
Egg Noodles <b>1, 2</b>	-	3 nests
Organic Sweetcorn	-	1 tin
Sesame Oil <b>3</b>	-	1 tbsp
Sweet Soy Sauce <b>1, 4</b>	-	3 tbsp
Sesame Seeds <b>3</b>	-	4 tsp

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

**LH** Step for little hands

## 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 peppers and slice in half lengthways. Slice each half lengthways into very thin strips (around ½cm wide).



Chop the base from the bok choy and discard before chopping the remainder widthways into 1cm pieces. Peel and chop the carrots into micro-thin sticks, then roughly chop the coriander.



**2** 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.*



**3** 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.*

**4** 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.

**5** Heat 1 tbsp of oil in a 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 and chilli. Drain your sweetcorn and add that too. Cook for 2 mins then add the pepper and carrot. Cook for 3 mins before adding the bok choy for a couple of mins.

**6** Tip in the sweet 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.

**7** Take two chopsticks and wrap an elastic band tightly around the ends to keep them together. Next, take a small piece of paper and wedge this in between them so that you have essentially created a pair of tweezers. The height of HelloFresh technology!

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