



Cooking Made Easy

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Stir-Fried Chinese Chilli Beef with Smithfield Steak

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 beef into ribbons as thinly as you can. Next, you need to cook it in a super hot frying pan in batches. By leaving space between each ribbon in the pan, they'll crisp up rather than stew. Let us know how it goes!



30 mins



family box



spicy



lactose free



Flank Steak (1)



Spring Onion (3)



Green Pepper (2)



Red Chilli (2 tsp)



Garlic Clove (2)



Chinese 5 Spice (1 tsp)



Cornflour (2 tbsp)



Ginger (2 tbsp)



Egg Noodles (3 nests)



Tomato Ketchup (2 tbsp)



Soy Sauce (2 tbsp)




Sweet Chilli Sauce (2 tbsp)




Rice Vinegar (2 tbsp)

Ingredients

| | 2P | 4P |
|-------------------------|----|---------|
| Flank Steak | - | 1 |
| Spring Onion, sliced | - | 3 |
| Green Pepper, sliced | - | 2 |
| Red Chilli, diced | - | 2 tsp |
| Garlic Clove, diced | - | 2 |
| Chinese 5 Spice | - | 1 tbsp |
| Cornflour | - | 2 tbsp |
| Ginger, diced | - | 2 tbsp |
| Egg Noodles 1, 2 | - | 3 nests |
| Tomato Ketchup 3 | - | 2 tbsp |
| Soy Sauce 2, 4 | - | 2 tbsp |
| Sweet Chilli Sauce | - | 2 tbsp |
| Rice Vinegar | - | 2 tbsp |

 May feature in another recipe

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

LH Step for little hands

Allergens

1) Egg | **2)** Gluten

3) Celery | **4)** Soya

Nutrition per serving: Calories: 609 kcal | Protein: 38 g | Carbs: 81 g | Fat: 12 g | Saturated Fat: 4 g



1 Slice the steak into strips as thinly as possible (paper thin!). Finely slice the spring onions, separating the green and white parts. Remove the core from the peppers and slice into thin matchsticks. Finely dice the chilli and peel and dice the garlic cloves.

really crisp the steak up - cook in batches if necessary.



2 **LH:** Mix the 5 spice and cornflour in a bowl with a pinch of salt and pepper. Add the steak to the bowl and coat in the cornflour mixture. Peel the ginger with the back of a spoon and finely dice.

5 Once the steak has crisped up around the edges, remove it and rest on kitchen towel if you have some.



3 Meanwhile, boil a pot of water with $\frac{1}{2}$ tsp of salt. Once boiling, add the noodle nests (how many depends on how hungry you are!) and cook for 4 mins. Drain the noodles then put them back in the pan with cold water. Leave to the side for later.

6 Tip out all but 2 tbsp of the oil and add in the pepper and chilli for 2 mins. Now add in the garlic, ginger and the whites of the spring onion. Cook for 1 more minute.
Tip: If you don't like it too hot, go easy on the chilli.



4 Heat 4 tbsp of oil in a non-stick pan on high heat. Once almost smoking, carefully (it'll sputter) place the steak in the pan. **Tip:** Do not crowd the pan - you want to

7 Mix together the ketchup, soy sauce, sweet chilli sauce, vinegar and 2 tbsp of water. Tip the mixture over the veg and cook for 1 minute. Add the beef back in and stir together.

8 Drain the noodles and add them into the pan. Scatter over the green parts of the spring onion. Toss together for a minute before serving.

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