



# Bulgogi Beef Stir-Fry with Bok Choy, Pepper and Noodles

Classic 30 Minutes • 1 of your 5 a day

10



Bell Pepper



Bok Choy



Egg Noodle Nest



Beef Steak Strips



Bulgogi Sauce



Soy Sauce

## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Bok Choy**	1	2	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Steak Strips**	240g	360g	480g
Bulgogi Sauce 11)	150g	175g	200g
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets

\*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
<b>for uncooked ingredient</b>	<b>430g</b>	<b>100g</b>
Energy (kJ/kcal)	2081 /497	484 /116
Fat (g)	17	4
Sat. Fat (g)	6	1
Carbohydrate (g)	51	12
Sugars (g)	30	7
Protein (g)	36	8
Salt (g)	3.05	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

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## 1 Prep

Fill and boil your kettle. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **bok choy** then thinly slice widthways.



## 2 Cook Time

Pour the **boiled water** from the kettle into a large saucepan with ¼ tsp **salt** for the **noodles** on high heat. When boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



## 3 Beef it Up

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **beef strips** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Fry until browned, 1-2 mins, continuously stirring. **TIP:** Don't crowd the pan or your beef strips will stew instead of fry. It's best to cook it in batches. Once each batch is browned, transfer it to rest on some kitchen paper. **IMPORTANT:** The beef is safe to eat when the outside is browned.



## 4 Stir-Fry Time

Wipe out the pan you used to cook the **beef** and return to medium-high heat with a drizzle of **oil**. When the pan is hot, add the **sliced pepper** and stir-fry until tender, 4-5 mins. Once tender, add the **bok choy** and stir-fry until tender, 2-3 mins.



## 5 Finish Off

Once the **veggies** are cooked, add the **noodles** and **beef** to the pan. Pour in the **bulgogi sauce** and **soy sauce** and stir-fry until piping hot, 1-2 mins. **TIP:** Add a splash of water if needed.



## 6 Time to Serve

When everything is ready, share the **bulgogi beef** stir-fry between your bowls.

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.