



Spicy Beef Stir-Fry with Noodles, Green Pepper and Peanuts

Calorie Smart 20-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories

25



Red Onion



Green Pepper



Coriander



Garlic Clove



Salted Peanuts



Spring Onion



Egg Noodle Nest



Beef Steak Strips



Thai Style Spice Blend



Hoisin Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, colander, frying pan and kitchen paper.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Salted Peanuts 1)	25g	40g	40g
Spring Onion**	1	2	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Steak Strips**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11)	64g	96g	128g
Soy Sauce 11) 13)	25ml	37ml	50ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2419/578	611/146
Fat (g)	14	4
Sat. Fat (g)	4	1
Carbohydrate (g)	70	18
Sugars (g)	18	4
Protein (g)	41	10
Salt (g)	4.99	1.26

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

1) Peanut 3) Sesame 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**. Trim and thinly slice the **spring onions**.



Veg Time

Wipe out the (now empty) pan and return to medium-high heat with a drizzle of **oil**. When the **oil** is hot, add the **onion** and **peppers** and stir-fry until slightly softened, 3-4 mins. Stir in the **garlic** and cook for 1 min more. Stir in the **hoisin sauce**, **soy sauce**, a splash of **water** and the **cooked noodles**. Bring to a bubble, then turn the heat down to medium.



Cook the Noodles

When your pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Finish Up

Add the **cooked beef strips** back into the pan with their **resting juices**. Stir-fry briefly until everything is combined and piping hot, then remove from the heat and stir through the **coriander**.



Fry the Beef

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**, **pepper** and the **Thai style spice blend** (add less if you don't like heat). 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 a plate lined with kitchen paper. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The beef is safe to eat when the outside is browned.



Serve

Divide the **beef stir-fry** between your bowls. Top with a sprinkle of **peanuts** and the **sliced spring onion**.

Enjoy!

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