

# Stir-Fried Honey Sesame Beef Noodles with Tenderstem® Broccoli and Carrot Ribbons

Family 25-30 Minutes • 1 of your 5 a day













Garlic Clove



**Beef Mince** 





Ketjap Manis



Honey



**Roasted White** Sesame Seeds

### Before you start

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

## Cooking tools

Saucepan, peeler, garlic press, sieve, frying pan and bowl. Ingredients

Ingredients	2P	3P	4P
Tenderstem Broccoli**	80g	150g	150g
Carrot**	1	1	2
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Soy Sauce <b>11) 13)</b>	25ml	40ml	50ml
Ketjap Manis 11)	50g	75g	100g
Honey	15g	23g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Tomato Ketchup*	1½ tbsp	21/4 tbsp	3 tbsp
Water for the Sauce*	50ml	75ml	100ml

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	343g	100g
Energy (kJ/kcal)	2813 /672	820/196
Fat (g)	22.4	6.5
Sat. Fat (g)	10.0	2.6
Carbohydrate (g)	79.5	23.2
Sugars (g)	28.2	8.2
Protein (g)	40.0	11.7
Salt (g)	5.43	1.58

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

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.

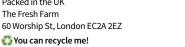
#### Contact

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Bring a large saucepan of water to the boil with 1/4 tsp salt for the noodles.

Halve any thick broccoli stems lengthways, then cut widthways into thirds.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the carrot, stopping at the core.

Peel and grate the **garlic** (or use a garlic press).



#### Cook the Noodles

When your pan of water is boiling, add the noodles and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



# Fru the Mince

Meanwhile, heat a large frying pan on mediumhigh heat (no oil).

Once hot, add the beef mince and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT**: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



# Stir-Fry the Veg

Once the mince is cooked, transfer it to a bowl and cover to keep warm.

Pop the (now empty) frying pan back on medium-high heat with a drizzle of oil if needed.

Once hot, add the Tenderstem® broccoli and stir-fry for 2-3 mins, then add the carrot ribbons and garlic and stir-fry for 30 secs more.

Add a splash of water, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with salt and pepper.



## Sauce Things Up

Meanwhile, in a small bowl, combine the soy sauce, ketjap manis, honey, tomato ketchup and water for the sauce (see pantry for both amounts) with **half** the **sesame seeds**. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once the veg is cooked, add the cooked mince and **noodles** to the pan.

Pour in the sticky sauce and stir together until piping hot, 1-2 mins.



#### Serve

When ready, share the honey sesame beef **noodles** between your bowls.

Sprinkle over the remaining sesame seeds to finish for those who'd like them.

## Enjoy!