



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

2

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



Tenderstem® Broccoli



Carrot



Garlic Clove



Egg Noodle Nest



Beef Mince



Soy Sauce



Ketjap Manis



Honey



Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup

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 11) 13)	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	2¼ tbsp	3 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 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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60 Worship St, London EC2A 2EZ

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Get Prepped

Bring a large saucepan of **water** to the boil with **¼ 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).



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**.



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.



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.



Fry the Mince

Meanwhile, heat a large frying pan on medium-high 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.*



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!