



Sweet and Sticky Beef Noodles with Tenderstem® Broccoli and Pak Choi

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

13



Pak Choi



Tenderstem® Broccoli



Garlic Clove



Egg Noodle Nest



Beef Mince



Thai Style
Spice Blend



Hoisin Sauce



Teriyaki Sauce



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, garlic press, sauce pan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11)	64g	96g	128g
Teriyaki Sauce 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	359g	100g
	2716 /649	757 /181
Fat (g)	21.8	6.1
Sat. Fat (g)	8.7	2.4
Carbohydrate (g)	73.8	20.6
Sugars (g)	22.6	6.3
Protein (g)	41.0	11.4
Salt (g)	5.34	1.49

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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Start the Prep

- Fill and boil your kettle.
- Trim the **pak choi**, then separate the leaves.
- Halve any thick **broccoli stems** lengthways, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



Flavour Town

- Add the **Thai style spice blend** (add less if you'd prefer things milder) and **garlic** to the **beef**. Stir-fry for 30 secs.
- Pour in the **hoisin, teriyaki, soy sauce** and **water for the sauce** (see pantry for amount) and bring to a boil. Reduce the heat slightly, then simmer until the **sauce** has thickened, 2-3 mins.



Cook the Noodles and Veg

- Pour the **boiled water** into a large saucepan on medium heat with $\frac{1}{4}$ **tsp salt**.
- Add the **noodles, broccoli** and **pak choi** to the **water**. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together.



Time to Toss

- Once the **sauce** has thickened, toss the **cooked noodles, pak choi** and **broccoli** into the **beef mixture** until well combined.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little too thick.



Bring on the Beef

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



Serve Up

- Share your **quick beef noodles** between your bowls.

Enjoy!