



# Sweet Chilli Beef

with Noodles, Veggies and Sesame Seeds

Calorie Smart 25 Minutes • Little Spice • 1 of your 5 a day • Under 600 calories

N° 25



Ginger



Garlic Clove



Soy Sauce



Sweet Chilli Sauce



Beef Strips



Bell Pepper



Carrot



Spring Onion



Egg Noodle Nest



Sesame Seeds



Ketjap Manis

## Before you start

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

## Cooking tools, you will need:

Saucepan, Grater, Garlic Press, Bowl, Cutting Board, Knife, Colander and Frying Pan.

## Ingredients

	2P	3P	4P
Ginger**	1	1½	2
Garlic Clove	1	2	2
Soy Sauce <b>11</b> <b>13</b>	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets	2 sachets
Beef Strips**	240g	360g	480g
Bell Pepper***	1	2	2
Carrot**	1	1	2
Spring Onion**	2	3	4
Egg Noodle Nest <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
Sesame Seeds <b>3</b>	15g	25g	25g
Ketjap Manis <b>11</b> <b>13</b>	1 sachet	1½ sachet	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
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2008 /480	498 /119
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	42	11
Sugars (g)	22	6
Protein (g)	37	9
Salt (g)	2.65	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**3**) Sesame **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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HelloFresh UK

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## 1 Marinate the Steak

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Pop the **ginger** and **garlic** into a bowl with the **soy sauce** and **sweet chilli sauce**. Stir together then add the **beef strips** and stir to combine. Leave to the side to marinate while you prep the **veg**.



## 2 Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Trim and thinly slice the **spring onion**.



## 3 Cook the Noodles

Add the **noodles** to the boiling **water** and cook until tender, 4 mins. Once cooked, drain in a colander. Refill your saucepan (off the heat) with cold **water** and pop in the **noodles**. **TIP:** *This stops them from cooking any more.*



## 4 Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once your **oil** is really hot, add the **beef strips** (leaving any **marinade** in your bowl) and fry until browned on the outside, 2-3 mins, stirring occasionally. Transfer the **beef strips** to a clean bowl. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## 5 Fry the Veggies

Once your **beef strips** are removed from the pan, add another drizzle of **oil** if the pan is dry, then add the **pepper**, **carrot**, a pinch of **salt** and **pepper**. Stir-fry until the **veggies** are softened, 5-6 mins. Add any leftover **marinade** and **half** the **spring onion** to your pan, stir and cook for 2 mins. Add the **beef strips** back in as well, along with the **sesame seeds**, stir and cook until piping hot, 2 mins. **IMPORTANT:** *The beef is safe to eat when the outside is browned.*



## 6 Finish and Serve

Drain the **noodles** and add them to your frying pan. Add the **ketjap manis**, stir together and cook until the **noodles** are piping hot, 2 mins. Divide between your bowls and sprinkle over the remaining **spring onion**.

## 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.