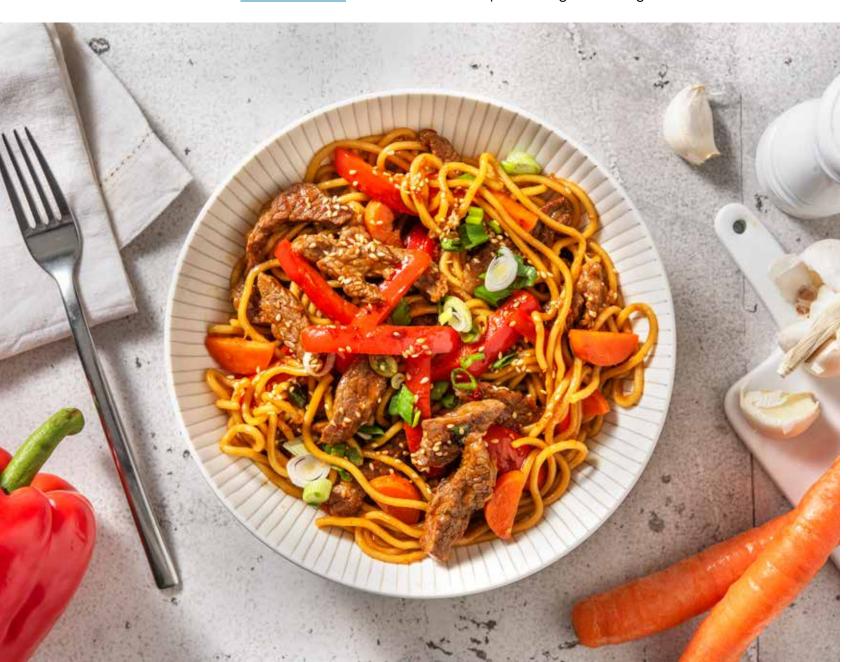


Sweet Chilli Beef

with Noodles, Veggies and Sesame Seeds

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













Soy Sauce



Sweet Chilli





Beef Strips



Sauce

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Ginger**	1	11/2	2
Garlic Clove	1	2	2
Soy Sauce 11) 13)	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 8) 13)	2 nests	3 nests	4 nests
Sesame Seeds 3)	15g	25g	25g
Ketjap Manis 11) 13)	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 quarantee 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

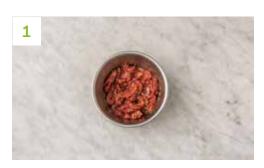
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Marinate the Steak

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.



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**.



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.



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.



Fry the Veggies

Once your **beef strips** are is 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.



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.