



Sweet Chilli Beef

with Noodles, Veggies and Sesame Seeds

Calorie Smart 25 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories

25



Garlic Clove



Ginger Puree



Soy Sauce



Sweet Chilli Sauce



Beef Steak 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!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Ginger Puree	1 sachet	1½ sachets	2 sachets
Soy Sauce 11 13	25ml	25ml	50ml
Sweet Chilli Sauce	32g	64g	64g
Beef Steak 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	1 sachet	1½ sachets	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	398g	100g
Energy (kJ/kcal)	1681/402	422/101
Fat (g)	11	3
Sat. Fat (g)	4	1
Carbohydrate (g)	43	11
Sugars (g)	22	5
Protein (g)	32	8
Salt (g)	3.78	0.95

*Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.*

Allergens

3) Sesame 8) Egg 11) Soya 13) 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.

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Marinate the Beef

Bring a large saucepan of **water** to the boil with **½ tsp salt**. Peel and grate the **garlic** (or use a garlic press). Pop the **ginger puree** 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.

IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging.



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. Remove the **beef** and any **juices** from the pan into a clean bowl.



Prep the Veg

While the **beef** marinates, 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**.



Add your Veggies

Add another drizzle of **oil** to your (now empty) pan if it's dry, then add the **pepper**, **carrot** and 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** (and any **juices**) back in as well, along with the **sesame seeds**. Stir and cook until piping hot, 2 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



Cook the Noodles

When boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins. Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



Finish and Serve

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

Enjoy!

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12

