



FEB
2017

Seared Beef Noodles

with Broccoli and Carrots

Forget the sticky, greasy take-away noodle dishes you've tried in the past and welcome these noodles into your life! This dish is a healthier option but tastes just as authentic. It is best enjoyed by finding yourself some chopsticks and a deep bowl – get comfy and get slurpin'.

Prep 30 min

level 1



Beef Strips



Rice Noodles



Carrot



Broccoli



Garlic



Green Onions



Oyster Sauce



Soy Sauce



Brown Sugar

Ingredients

Beef Strips		2 pkg (570 g)
Rice Noodles		1 pkg (250 g)
Carrot, julienned		1 pkg (227 g)
Broccoli, florets		2 pkg (454 g)
Garlic		2 pkg (20 g)
Green Onions		2
Oyster Sauce	1) 2)	1 pkg (½ cup)
Soy Sauce	2) 3)	2 tbsp
Brown Sugar		2 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Seafood/Fruits de mer
- 2) Soy/Soja
- 3) Wheat/Blé

Tools

Large Pot, Large Non-Stick Pan, Measuring Spoons

Ruler

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Nutrition per person Calories: 615 cal | Fat: 19 g | Protein: 36 g | Carbs: 73 g | Fibre: 6 g | Sodium: 1296 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Thinly slice the **green onions**.

2 Cook the noodles: Add **rice noodles** to the boiling water. Reduce the heat to medium. Cook, stirring occasionally, until the rice noodles are tender, 10-12 min. Drain and rinse the noodles under cold water.

3



3 Sear the beef strips: Meanwhile, pat the **beef strips** dry with a paper towel. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the beef. (**TIP:** Do not crowd the pan – work in batches if necessary.) Cook until browned, 1-2 min per side. Transfer the beef to a plate.

4 Add another drizzle of **oil**, then the **garlic** and **green onions**. Cook until fragrant, 30 sec. Add the **carrots** and **broccoli**. Cook, stirring often, until the veggies are tender-crisp, 3-4 min. Add the **oyster sauce**, **soy sauce**, **brown sugar**, **2 tbsp water**, **beef** and **noodles**. Stir until warmed through, 1 min.

4



5 Finish and serve: Divide the **saucy beef noodles** between plates and enjoy!

NUTRITION FACT: Carrots (and other orange veggies) are high in beta-carotene. This nutrient is converted to vitamin A in our bodies, which helps with many biological processes including developing night vision!

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