



# Thai-inspired Beef Stir-fry with bell pepper and peanuts

10 – 15 mins

16



Beef Strips



Sweet Asian Sauce



Ginger



Lime



Peanuts



Udon Noodles



Garlic



Bell Pepper



Soy Sauce

Pantry Items: Sugar, Pepper, Oil, Salt, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, sieve

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Sweet Asian Sauce	2 sachets	4 sachets
Ginger	1 unit	2 units
Lime	1 unit	2 units
Peanuts	20 g	40 g
Udon Noodles	300 g	600 g
Garlic	1 unit	2 units
Bell Pepper	1 unit	2 units
Soy Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>465 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2234.3 kJ/ 534 kcal	480.5 kJ/ 114.8 kcal
Fat (g)	7.2 g	1.5 g
Sat. Fat (g)	3.2 g	0.7 g
Carbohydrate (g)	69.7 g	15 g
Sugars (g)	18.7 g	4 g
Protein (g)	39.9 g	8.6 g
Salt (g)	3.6 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

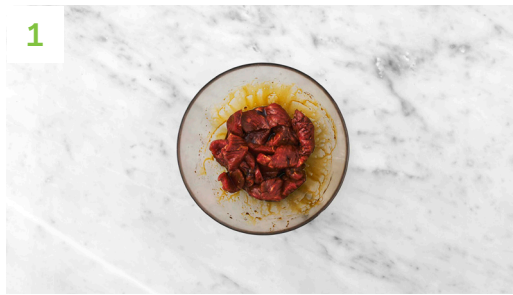
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### Marinate the Beef

- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Quarter the **lime**.
- In a bowl, mix together the **sweet Asian sauce, soy sauce, ginger, garlic**, juice from one **lime** wedge and 1 tsp **sugar** (double both for 4p).
- Add the **beef strips** to the bowl and leave to marinate. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.



### Finish and Serve

- Remove the pan from the heat, add the drained **noodles** and toss to coat.
- Taste and season with **salt** and **pepper**, if required.
- Divide the **noodles** between bowls.
- Finish the dish with a scattering of **peanuts**.
- Serve remaining **lime** wedges alongside for squeezing over.

### Enjoy!



### Cook the Pepper

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Place a large pan over high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **pepper** and fry, stirring until just softened, 6-8 mins.



### Boil the Noodles

- Meanwhile, boil a pot of **water** for the **noodles**.
- Add the **noodles** and cook until warmed through, 1-2 mins.
- Once cooked, drain in a sieve and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.
- While the **noodles** cook, add the **beef** and marinade to the **peppers** and cook for 1-2 mins. **IMPORTANT:** Meat is safe to eat when the outside is browned.

**TIP:** If you're in a hurry you can boil the water in your kettle.