

Korean Beef and Vegetable Stir-fry

with Fried Eggs

hellóchef

Packed with vegetables and flavours!

Cals 720 • Prot 64 • Carbs 64 • Fat 25

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🕒 cook: 30 min

R2426



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Beef	2 ppl	3 ppl	4 ppl	
Steak strips	350	525	700	Grams
Ginger garlic paste	15	30	30	Grams
Soy sauce 9* , 10* , 11*	20	20	30	ML
Oyster sauce 8* , 10*	20	30	40	Grams
Brown sugar	10	10	15	Grams
Gochujang 9*	10	15	20	Grams
Chilli flakes	2	2	2	Grams
Corn starch	30	40	60	Grams
Salt	1	1	2	Tsp
Vegetable oil	2	3	4	Tbsp
Stir-fry				
Shallots	1	2	2	Piece
Broccoli	200	300	400	Grams
Green beans	150	250	375	Grams
Carrot	2	3	4	Piece
Spring onion	40	60	80	Grams
Sugar snap peas	100	150	200	Grams
Vegetable oil	2	3	4	Tbsp
To serve				
Organic Eggs 5*	2	3	4	Piece
Sesame seeds 3*	10	15	20	Grams
Sesame oil 3* , 9*	15	22	30	ML

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *5 Eggs, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3010 / 720
Fat (g)	25.4
of which saturates (g)	7.2
Carbohydrate (g)	64
of which sugars (g)	25.5
Fiber (g)	14.3
Protein (g)	63.8
Salt (g)	4.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and slice the **shallots**. Separate the **broccoli** into small florets. Trim the **green beans** and chop them in half. Peel and chop the **carrot** into thin sticks. Slice the **spring onion** into thin sticks. Slice the **sugar snap peas** on the diagonal.



2 Fry beef

In a bowl combine the **ginger garlic paste, soy sauce, oyster sauce, brown sugar, gochujang (spicy!)** and a pinch of **chilli flakes (spicy!)**. This is your **stir-fry sauce**. Set aside until step 5. In another bowl toss the **steak strips, corn starch** and a pinch of **salt**. Heat a pan over a medium-high heat. Once hot, add the **steak strips** and fry for 4 min. Transfer the **strips** to a plate and reserve the pan.

Tip! Make sure the pan is hot before adding the steak strips. Otherwise, they will stew, not crisp!



3 Fry vegetables

Return it to a high heat with a generous drizzle of **vegetable oil**. Once hot, add the **shallots, broccoli, carrots** and **green beans**. Stir-fry for 6–8 min, covered. Add the **spring onion** and **sugar snap peas** and fry for 1–2 min further.

Tip! If you're cooking for 3 or 4, use two pans.



4 Fry eggs

Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**. Crack the **eggs** into the pan and fry for 2–4 min or until done to your liking. For a set **egg yolk**, cover the pan with a lid. Season with a pinch of **salt**.



5 Combine

Add the **steak strips** and **stir-fry sauce**. Fry for 1 final min.



6 Serve

Divide the **stir-fry** among plates. Top with the **fried eggs** and garnish with the **sesame seeds**. Drizzle with the **sesame oil**.