



# Aromatic Beef Noodles

with pak choi and carrots

Family 30-35 mins

5



Beef Mince



Garlic



Lime



Udon Noodles



Pak Choi



Thai Style Spice Mix



Chicken Stock



Hoisin Sauce



Carrot

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

## 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, zester

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Garlic	1 unit	2 units
Lime	½ unit	1 unit
Udon Noodles	300 g	600 g
Pak Choi	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Hoisin Sauce	2 sachets	4 sachets
Carrot	2 units	4 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	533 g	100 g
Energy (kJ/kcal)	2553.1 kJ/ 610.2 kcal	479 kJ/ 114.5 kcal
Fat (g)	20.5 g	3.8 g
Sat. Fat (g)	8.7 g	1.6 g
Carbohydrate (g)	71.2 g	13.4 g
Sugars (g)	16.3 g	3.1 g
Protein (g)	34.6 g	6.5 g
Salt (g)	2.3 g	0.4 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.

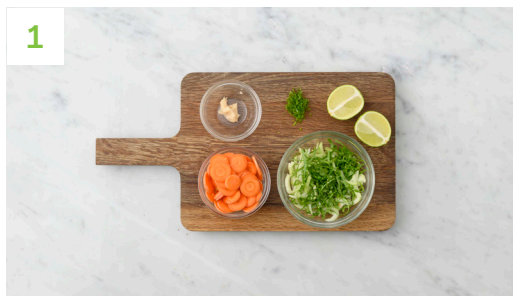
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.

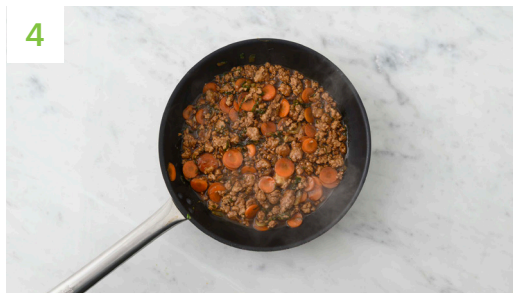


You can recycle me!



## Get Prepped

- Trim the **pak choi**, then thinly slice widthways.
- Trim the **carrot**, then slice into ½ cm rounds (no need to peel).
- Peel and grate the **garlic** (or use a garlic press).
- Zest **half** the **lime** (double for 4p) then cut in **half**.



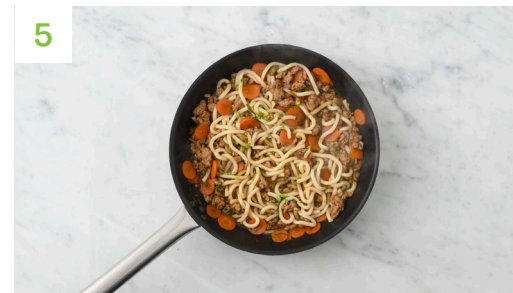
## Finish the Mince

- When the **beef** is ready, stir through the **hoisin sauce**, 2 tsp **sugar** (double for 4p), and a squeeze of **lime** juice to taste.
- Add a splash of **water** if necessary.



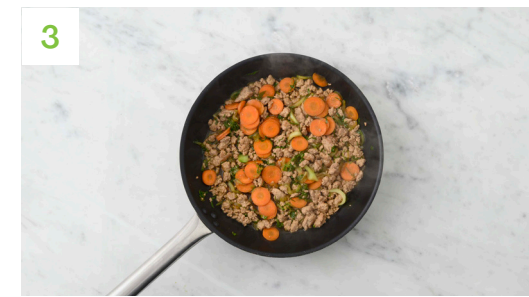
## Fry the Mince

- Place a pan over medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 5-6 mins.
- Use a wooden spoon to break it up as it cooks.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



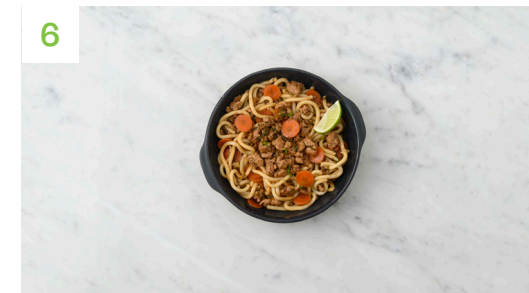
## Warm the Noodles

- Carefully separate the **noodles** then add them to the pan.
- Toss the **lime** zest and **noodles** gently in the sauce until **noodles** are softened, 1-2 mins.
- Remove from the heat, taste and season to your preference with **salt**, **pepper** and **sugar**.



## Add Your Veg

- Lower the heat and add the **carrots** with a drizzle of **oil** if necessary. Cook until softened, 4-5 mins, stirring occasionally.
- Add the **garlic**, **Thai spice mix** and **chicken stock powder**.
- Add 100ml **water** (double for 4p) and the **pak choi**, then mix everything together.
- Simmer, stirring frequently until the liquid has reduced by **half**, 4-5 mins.



## Serve and Enjoy

- Share the fragrant **beef noodles** between your bowls.
- Chop any remaining **lime** into wedges and serve alongside.

**Enjoy!**