



# Chilli Beef Rump Noodles

with bell peppers and scattered scallions

Quick Cook 20-25 mins • Optional spice

15



Beef Strips



Udon Noodles



Soy Sauce



Bell Pepper



Scallion



Onion



Dried Chilli Flakes



Garlic



Tomato Paste



Red Wine Vinegar



Sweet Chilli Sauce

Pantry Items: Oil, Salt, Pepper, Water



## 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

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Udon Noodles	300 g	600 g
Soy Sauce	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Scallion	2 units	4 units
Onion	1 unit	2 units
Dried Chilli Flakes	2 sachets	4 sachets
Garlic	1 unit	2 units
Tomato Paste	1 pack	2 packs
Red Wine Vinegar	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>405 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2139.1 kJ/ 511.2 kcal	528.2 kJ/ 126.2 kcal
Fat (g)	3.5 g	0.9 g
Sat. Fat (g)	1.5 g	0.4 g
Carbohydrate (g)	69.3 g	17.1 g
Sugars (g)	13.4 g	3.3 g
Protein (g)	41.2 g	10.2 g
Salt (g)	2.5 g	0.6 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  
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## Get Prepped

- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim then thinly slice the **scallion**.
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic**.



## Soften the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Once the pan is hot, add the **pepper, garlic** and **onion**.
- Cook until charred, 4-6 mins. Adjust the heat if necessary.
- Stir infrequently as it cooks—you want the **pepper** to pick up a nice colour.
- Once cooked, remove from the pan and set aside.



## Fry the Beef

- Return the pan to high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **beef strips** and season with **salt** and **pepper**.
- Fry until browned, 5-7 mins, shifting as they colour. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging.
- Once cooked, remove from the pan, cover and set aside. Meat is safe to eat when the outside is browned.



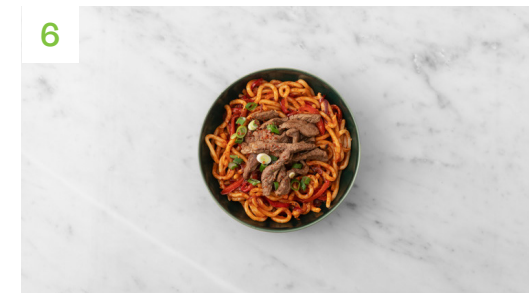
## Oodles of Noodles

- Return the pan to medium-high heat with another drizzle of **oil** if necessary.
- Gently separate the udon **noodles** with your hands, then stir-fry until warmed through, 1-2 mins.



## Make the Sauce

- Pour the **soy sauce, tomato paste, red wine vinegar** and **sweet chilli sauce** into the pan.
- Add the charred **pepper** and **onion** along with **half** the **chilli flakes** (use less if you don't like spice).
- Toss together until everything is well coated.
- Season to taste with **salt** and **pepper** and add a splash of **water** if it needs loosening.



## Finish and Serve

- Divide heaping helpings of saucy **noodles** between bowls.
- Top with the **beef strips**.
- Garnish with the **scallion** and as much of the remaining **chilli flakes** as you like.

Enjoy!