



Fragrant Beef Egg Noodles

with pak choi and carrots

Family 30-35 mins

5



Beef Strips



Garlic



Lime



Thai Style Spice Mix



Hoisin Sauce



Carrot



Egg Noodles



Pak Choi



Beef Stock



Onion

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, sieve, zester

Ingredients

| | 2P | 4P |
|----------------------|-----------|-----------|
| Beef Strips | 250 g | 500 g |
| Garlic | 1 unit | 2 units |
| Lime | ½ unit | 1 unit |
| Thai Style Spice Mix | 1 sachet | 2 sachets |
| Hoisin Sauce | 2 sachets | 4 sachets |
| Carrot | 1 unit | 2 units |
| Egg Noodles | 150 g | 300 g |
| Pak Choi | 1 unit | 2 units |
| Beef Stock | 1 sachet | 2 sachets |
| Onion | 1 unit | 2 units |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 433 g | 100 g |
| Energy (kJ/kcal) | 2263.5 kJ/ 541 kcal | 522.8 kJ/ 124.9 kcal |
| Fat (g) | 4 g | 0.9 g |
| Sat. Fat (g) | 1.6 g | 0.4 g |
| Carbohydrate (g) | 77.8 g | 18 g |
| Sugars (g) | 15.4 g | 3.6 g |
| Protein (g) | 41 g | 9.5 g |
| Salt (g) | 2 g | 0.5 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.



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Cook the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- Cook the **noodles** in the boiling **water** until softened, 4-6 mins.
- Drain in a sieve and return to the pot with a splash of **oil**. Toss to prevent sticking.

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



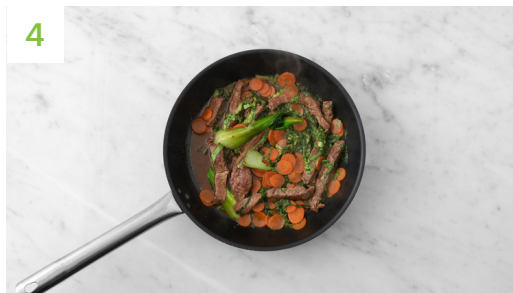
Get Prepped

- Trim the **pak choi**, then halve lenthways.
- Halve, peel and thinly slice the **onion**.
- 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**.



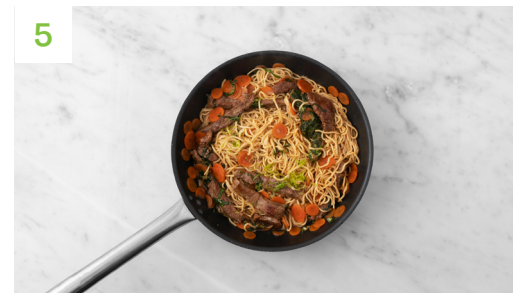
Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- When the pan is hot, fry the **beef strips** until browned, shifting as they colour, 5-6 mins.
IMPORTANT: Wash hands and equipment after handling raw beef. Meat is cooked when outside is browned.



Add Your Veg

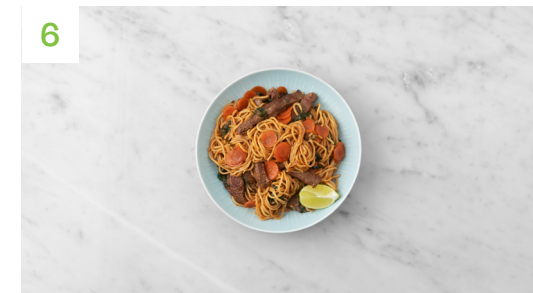
- Lower the heat to medium-high and add the **carrots** and **onions** to the pan.
- Cook until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and **Thai spice mix**.
- Stir in the **beef stock powder** along with 100ml **water** (double for 4p).
- Add the **pak choi** and simmer, stirring frequently until the liquid has reduced by **half**, 4-5 mins.



Season the Sauce

- When the liquid has reduced, add the **hoisin sauce** and ½ tsp **sugar** (double for 4p).
- Stir through the **lime** zest and a squeeze of **lime** juice.
- Taste and season with **salt** and **pepper**.
- Add the cooked **egg noodles** to the pan and toss to coat in the sauce until warmed through, 1-2 mins.

TIP: *Add a splash of water to loosen the sauce if necessary.*



Serve and Enjoy

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

Enjoy!