



# Fragrant Beef Udon Noodles

with pak choi and carrots

Family 30-35 mins

5



Beef Mince



Chicken Stock



Lime



Udon Noodles



Garlic



Thai Style Spice Mix



Pak Choi



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!

## Cooking tools you will need

Zester, Grater

## Ingredients

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

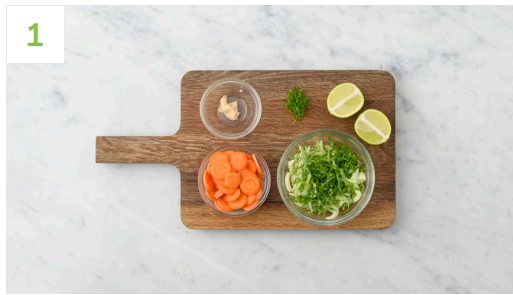
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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

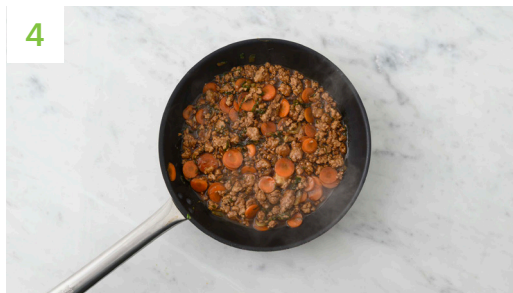


You can recycle me!



## 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.



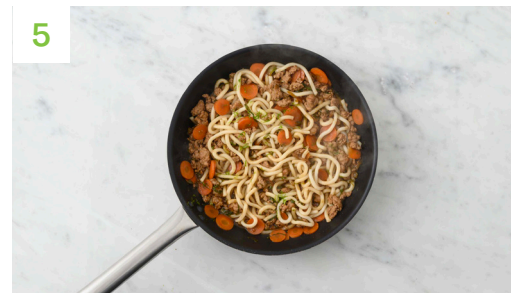
## Finish the Mince

- 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.



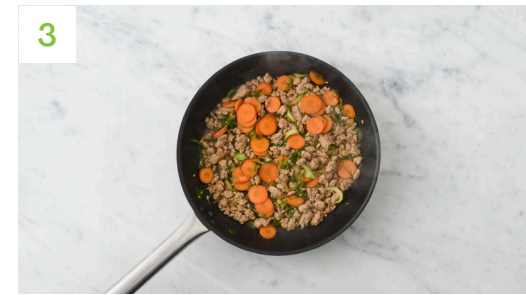
## Fry the Mince

- 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. The mince is cooked when no longer pink in the middle.



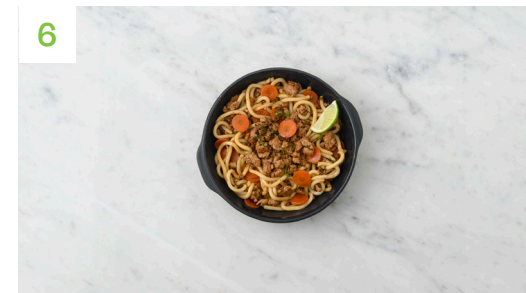
## Warm the Noodles

- Gently separate the **noodles** with your hands 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 taste 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**.
- 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!**