



# Garlic and Ginger Beef Noodles

with green beans and bell peppers

Family Quick Cook 25-30 mins

6



Beef Mince



Green Beans



Bell Pepper



Ginger



Garlic



Teriyaki Sauce



Udon Noodles

Pantry Items: Oil, Salt, Pepper, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Sieve

## Ingredients

|                | 2P        | 4P        |
|----------------|-----------|-----------|
| Beef Mince     | 250 g     | 500 g     |
| Green Beans    | 150 g     | 300 g     |
| Bell Pepper    | 1 unit    | 2 units   |
| Ginger         | 1 unit    | 2 units   |
| Garlic         | 2 units   | 4 units   |
| Teriyaki Sauce | 2 sachets | 4 sachets |
| Udon Noodles   | 300 g     | 600 g     |

## Nutrition

|                          | Per serving              | Per 100g                |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 535 g                    | 100 g                   |
| Energy (kJ/kcal)         | 2869.2 kJ/<br>685.8 kcal | 536.3 kJ/<br>128.2 kcal |
| Fat (g)                  | 23.8 g                   | 4.4 g                   |
| Sat. Fat (g)             | 8.7 g                    | 1.6 g                   |
| Carbohydrate (g)         | 79.5 g                   | 14.9 g                  |
| Sugars (g)               | 27.8 g                   | 5.2 g                   |
| Protein (g)              | 36.4 g                   | 6.8 g                   |
| Salt (g)                 | 5.7 g                    | 1.1 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?  
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rate this recipe.



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### Prep Your Veg

- Boil a large pot of **salted water** for the **noodles**.
- Trim the **green beans**, then chop into thirds.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press).

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



### Stir-fry the Veg

- Return the (now empty) pan to medium heat.
- Once hot, add the **pepper, green beans** and a small splash of **water** to help them cook.
- Stir-fry until tender, 4-5 mins.
- Stir in the **ginger** and **garlic**, cook for 1 min.



### Brown the Mince

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- When hot, add the **mince** and fry until browned, 6-8 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- When cooked, transfer the **mince** to a medium bowl and mix in the **teriyaki sauce**. Set aside.



### Mix in the Mince

- Add the **beef mince** back to the pan and stir in the **noodles**.
- Toss to coat and continue to cook until everything is combined and piping hot, 2-3 mins.
- Once hot, remove the pan from the heat and season to taste with **salt** and **pepper**.

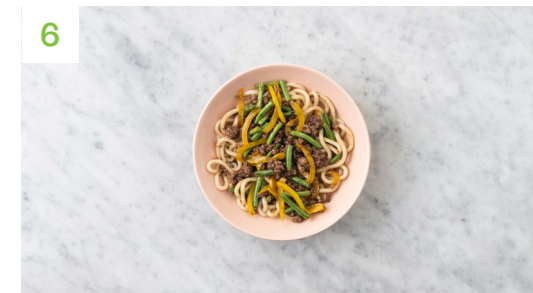
**TIP:** *Add a splash of water if you feel it needs it.*



### Cook the Noodles

- When the **water** is boiling, stir in the **noodles**.
- Bring back to the boil, then cook, 1-2 mins.
- Once done, drain in a sieve.

**TIP:** *Run the noodles under cold water to stop them sticking together.*



### Serve and Enjoy

- Divide the **beef noodles** between your bowls.

**Enjoy!**