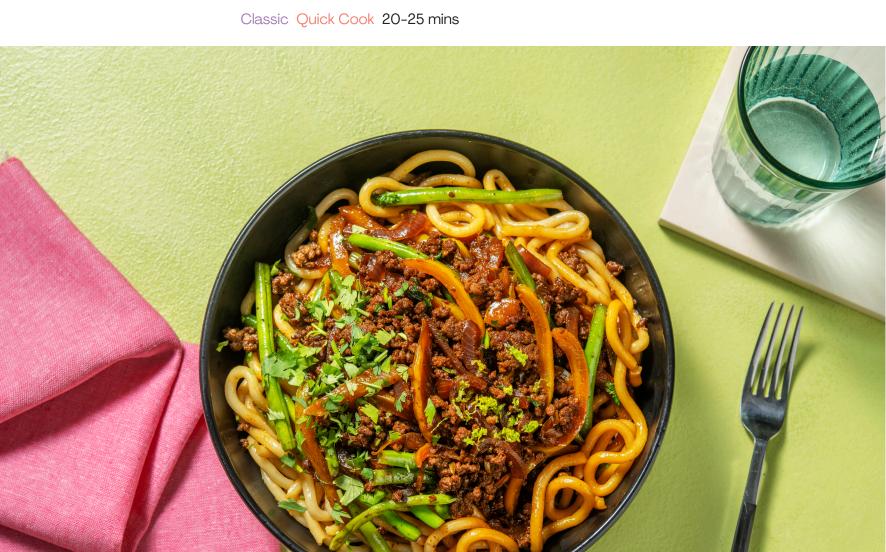


# Thai Style Beef Noodles

with bell peppers and green beans









Beef Mind

Ginger





Ketjap Manis

Onic





**Udon Noodles** 

Coriander





Thai Style Spice Mix

Lin





Bell Pepper

Chicken Stock



Green Beans

#### Before you start

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

## Cooking tools you will need

Zester, Grater, Colander

## Ingredients

|                      | OD.      | 40        |
|----------------------|----------|-----------|
|                      | 2P       | 4P        |
| Beef Mince           | 250 g    | 500 g     |
| Ginger               | 1 unit   | 2 units   |
| Ketjap Manis         | 1 sachet | 2 sachets |
| Onion                | 1 unit   | 2 units   |
| Udon Noodles         | 300 g    | 600 g     |
| Coriander            | 10 g     | 20 g      |
| Thai Style Spice Mix | 1 sachet | 2 sachets |
| Lime                 | ½ unit   | 1 unit    |
| Bell Pepper          | 1 unit   | 2 units   |
| Chicken Stock        | 1 sachet | 2 sachets |
| Green Beans          | 150 g    | 300 g     |

#### **Nutrition**

|                          | Per serving            | Per 100g                |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 545.5 g                | 100 g                   |
| Energy (kJ/kcal)         | 2501.9 kJ/<br>598 kcal | 458.7 kJ/<br>109.6 kcal |
| Fat (g)                  | 20.4 g                 | 3.7 g                   |
| Sat. Fat (g)             | 8.7 g                  | 1.6 g                   |
| Carbohydrate (g)         | 67.9 g                 | 12.5 g                  |
| Sugars (g)               | 15.7 g                 | 2.9 g                   |
| Protein (g)              | 35.2 g                 | 6.4 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.





#### Cook the Noodles

- Boil a large pot of water for the udon noodles.
- Add the noodles then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together.

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



## **Get Prepped**

- Halve, peel and thinly slice the onion.
- Halve the **bell pepper**, remove the core and seeds and thinly slice.
- Trim the green beans.
- Peel and finely grate the ginger, roughly chop the coriander (stalks and all).
- Zest half the lime (double for 4p) then cut into halves.



## Fry the Mince

- Heat a pan on medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
   IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Season with salt and pepper.



## Add the Veg

- When the mince is browned, lower the heat then add the onion and pepper. Cook until softened, 6-8 mins, stirring occasionally.
- Next add the ginger, Thai style spice mix and the chicken stock.
- Add 100ml water (double for 4p) and stir in the green beans.
- Simmer until the liquid has reduced by half and the **green beans** are tender, 4-5 mins.



## Finish It Off

- When the beef is ready stir through the ketjap manis, half the lime zest and half the coriander.
   Add lime juice to taste.
- Remove from the heat, taste and add salt and pepper if you like.



#### Plate and Serve

- Share the noodles between your bowls and serve the beef on top.
- Finish with a sprinkle of the remaining coriander and lime zest.

## Enjoy!