



# Thai Style Beef Noodles

with bell pepper and charred courgette

Quick Cook Calorie Smart 20-25 mins

15



Beef Mince



Onion



Bell Pepper



Ginger



Coriander



Thai Style Spice Mix



Lime



Ketjap Manis



Beef Stock



Courgette



Udon Noodles

Pantry Items: Water, Oil, Salt, Pepper



## 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, lid, pot, sieve, zester

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Onion	1 unit	2 units
Bell Pepper	1 unit	2 units
Ginger	1 unit	2 units
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets
Lime	½ unit	1 unit
Ketjap Manis	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets
Courgette	1 unit	2 units
Udon Noodles	300 g	600 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	578 g	100 g
Energy (kJ/kcal)	2506.2 kJ/ 599 kcal	433.6 kJ/ 103.6 kcal
Fat (g)	20.6 g	3.6 g
Sat. Fat (g)	8.7 g	1.5 g
Carbohydrate (g)	68 g	11.8 g
Sugars (g)	15.3 g	2.6 g
Protein (g)	35.9 g	6.2 g
Salt (g)	2.2 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?  
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## Cook the Noodles

- Boil a large pot of **salted water** for the **noodles**.
- Add the **noodles** to the boiling **water** and cook until softened, 1-2 mins. Drain in a sieve.
- Return to the pot with a splash of **oil**. Toss to prevent sticking, cover and set aside.

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



## Simmer the Sauce

- Once the **mince** has browned, lower the heat to medium then add the **onion** and **pepper** with a drizzle of **oil** if necessary.
- Cook until softened, 6-8 mins, stirring occasionally.
- **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Add the **ginger**, **Thai style spice mix**, **beef stock powder** and 100ml **water** (double for 4p).
- Simmer until the liquid has reduced by **half**, 4-5 mins.



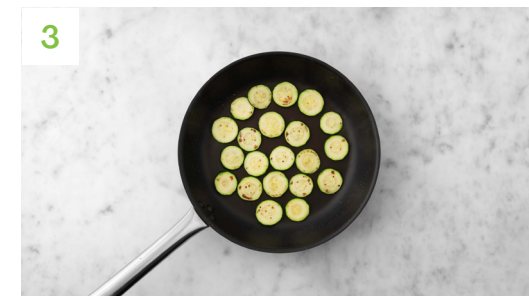
## Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Halve the **bell pepper**, remove the core and seeds and thinly slice.
- Trim the **courgette** and cut into 1cm thick rounds.
- Peel and finely grate the **ginger**. Roughly chop the **coriander** (stalks and all).
- Zest half the **lime** (double for 4p) then cut in **half**.



## Finishing Touches

- When the liquid has reduced, stir in the **ketjap manis**.
- Stir through **half** the **lime** zest and **half** the **coriander**. Season to taste with **lime** juice, **salt** and **pepper**.
- Add the cooked **noodles** to the pan and carefully toss to coat in the sauce.
- Once warmed through, remove from the heat.



## Fry the Courgette

- Place a large pan over medium-high heat (without oil).
- When hot, cook the **courgette** until charred, 6-8 mins. Turn only every few mins.
- Add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks.
- **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Garnish and Serve

- Share the Thai style **beef noodles** between bowls.
- Finish with a sprinkle of the remaining **coriander** and **lime** zest.

Enjoy!