



# Beef Noodles with Green Beans and Pepper

Classic Eat Me Early • 25 Minutes • 2 of your 5 a day



Green Beans



Bell Pepper



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Ketjap Manis



Soy Sauce



Egg Noodle Nest

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan, Saucepan and Sieve.

## Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Bell Pepper***	1	2	2
Lime**	½	1	1
Ginger**	1pc	1pc	2pcs
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Ketjap Manis <b>11</b> <b>13</b> )	1 sachet	2 sachets	2 sachets
Soy Sauce <b>11</b> <b>13</b> )	1 sachet	1 sachet	2 sachets
Egg Noodle Nest <b>8</b> <b>13</b> )	2 nests	3 nests	4 nests
Sugar*	½ tsp	¾ tsp	1 tsp

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>409g</b>	<b>100g</b>
Energy (kJ/kcal)	2458/587	601/144
Fat (g)	20	5
Sat. Fat (g)	8	2
Carbohydrate (g)	68	17
Sugars (g)	17	4
Protein (g)	35	9
Salt (g)	2.04	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**8) Egg 11) Soya 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Chop the Veg

Fill and boil the kettle. Trim the **green beans** then chop into thirds. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and quarter the **lime**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



## Stir-fry the Veg

Return the now empty frying 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 minutes. Stir in the **ginger** and **garlic**. Cook for 1 minute then stir in the remaining **soy sauce** and **sugar** (see ingredients for amount).



## Cook the Mince

Heat a splash of **oil** in a large frying pan over medium-high heat. Add the **mince** and stir-fry until browned, breaking it up with a wooden spoon, 6-8 mins. When the **beef** is cooked, transfer to a small bowl, mix in the **ketjap manis** and **half** of the **soy sauce** and set to one side. Keep the pan but drain any excess beef fat from the pan!

**IMPORTANT:** The beef is safe to eat when browned all over and no longer pink in the middle.



## Combine

Add the **beef mince** back into the pan and stir in the **noodles**. Toss to coat and continue to cook until everything is piping hot, 2-3 mins. Once hot, remove the pan from the heat and stir in the **lime zest, juice** from **half** the **lime** and **half** the **coriander**. Season to taste with **salt** and **pepper**.



## Cook the Noodles

In the meantime, pour the boiled **water** into a large saucepan over high heat with ½ tsp of **salt**. Stir in the **noodles**, bring back to the boil then cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water** to stop them from sticking together.



## Time to Eat

Divide the **noodles** between your bowls and sprinkle over the remaining **coriander**. Serve with the remaining wedges of **lime** on the side to squeeze on top!

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.