















# Satay Style Beef Mince and Noodles

with Green Beans and Tenderstem® Broccoli

N° 8

Family Hands On Time: 20 Minutes • Total Time: 30 Minutes • Little Spice • 3 of your 5 a day



-  Green Beans
-  Tenderstem® Broccoli
-  Red Onion
-  Lime
-  Salted Peanuts
-  Garlic Clove
-  Beef Mince
-  Noodles
-  Peanut Butter
-  Sweet Chilli Sauce
-  Ketjap Manis
-  Soy Sauce

## Before you start

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

## Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Bowl, Sieve, Measuring Jug, Plate.

## Ingredients

	2P	3P	4P
Green Beans**	80g	150g	150g
Tenderstem® Broccoli**	150g	200g	300g
Red Onion**	1	1	2
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Garlic Clove	1	2	2
Beef Mince**	240g	360g	480g
Noodles 8) 13)	2 nests	3 nests	4 nests
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Sweet Chilli Sauce	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	3391 / 811	774 / 185
Fat (g)	34	8
Sat. Fat (g)	11	3
Carbohydrate (g)	77	18
Sugars (g)	23	5
Protein (g)	48	11
Salt (g)	3.44	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 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

Thumbs up or thumbs down?

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You can recycle me!



## Get Started

Bring a saucepan of **water** up to the boil with ¼ tsp **salt** for the noodles. Trim and halve the **green beans**. Cut the **Tenderstem® broccoli** into thirds. Halve, peel and thinly slice the **red onion**. Zest the **lime** and cut into wedges. Roughly chop the **peanuts**. Peel and grate the **garlic** (or use a garlic press).



## Stir-Fry

Add the **red onion** to the pan with the **beans** and **Tenderstem®** and stir-fry until slightly softened, 2-3 mins. Add the **garlic** and cook, stirring, for 1 minute. Meanwhile, pop the **peanut butter**, **sweet chilli sauce**, **ketjap manis**, **soy sauce** and **lime zest** into a jug with 1 tbsp **water** per person. Stir together with a fork until evenly mixed. Return the **browned mince** to the pan along with the **mixture** in the jug, stir together and bring to a simmer.



## Start Cooking

Heat a drizzle of **oil** in a large frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the pan. Once browned, transfer the **mince** to a bowl but don't wash up the pan. Return the pan to medium-high heat and add a drizzle of **oil** if the pan is dry. Once hot, add the **Tenderstem® broccoli** and **green beans** and stir-fry until softened and starting to brown, 5-6 mins.



## Add the Noodles

Add the **noodles** to the pan with the **mince**, **veg** and **sauce** and mix together until the **noodles** are evenly coated in the **sauce**. Cook, stirring, until piping hot, 1-2 mins. **TIP:** *Add a splash more water if the mixture is a little dry.* **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Cook the Noodles

Meanwhile, once the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve and run under cold **water** to prevent them from sticking together.



## Serve

Divide the stir-fry between plates, top with the **chopped peanuts** and serve with the **lime wedges** alongside for squeezing over.

## 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.