



Thai Inspired Beef and Noodle Stir-Fry with Sugar Snaps and Carrot Ribbons

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

13



Sugar Snap Peas



Carrot



Beef Mince



Ketjap Manis



Garlic Clove



Egg Noodle Nest



Red Thai Style Paste

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, peeler, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	2	3	4
Carrot**	1	2	2
Egg Noodle Nest 8 13	125g	187g	250g
Beef Mince**	240g	360g	480g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	358g	100g
Energy (kJ/kcal)	2795/668	781/187
Fat (g)	25.1	7.0
Sat. Fat (g)	9.2	2.6
Carbohydrate (g)	74.5	20.8
Sugars (g)	23.0	6.4
Protein (g)	37.9	10.6
Salt (g)	3.97	1.11

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

- Slice the **sugar snap peas** in half lengthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



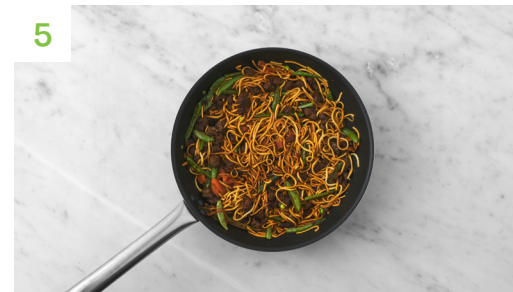
Build the Flavour

- Once the **beef** has browned, add the **sugar snaps**, **carrot ribbons**, **red Thai style paste** and **garlic** to the pan.
- Stir-fry until fragrant, 1 min.



Bring on the Noodles

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **noodles** to the **water**. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Combine and Stir

- Add the **cooked noodles**, **ketjap manis**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir to combine and until piping hot, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Cook the Beef

- Heat a large frying pan on medium-high heat (no oil).
- Once 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.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Serve Up

- When ready, share the **beef noodles** between your bowls.

Enjoy!