



# Sweet Chilli Hoisin Meat-Free Mince Noodles

with Stir-Fried Veg, Lime, Ginger and Crushed Peanuts

Calorie Smart High Protein Veggie 20 - 26 Minutes • 1 of your 5 a day



Green Beans



Baby Corn



Vegan Mince



Egg Noodle Nest



Garlic Clove



Lime



Salted Peanuts



Ginger Puree



Hoisin Sauce



Sweet Chilli Sauce



Soy Sauce

## Cooking Tools

Frying Pan, Garlic Press, Kettle, Large Saucepan, Rolling Pin and Sieve

## Ingredients

Ingredients	2P	3P	4P
Green Beans** (g)	160	200	320
Baby Corn** (g)	60	120	120
Vegan Mince** (g) 16) 13) 11)	150	225	300
Egg Noodle Nest (g) 13) 8) 15)	125	187.5	250
Garlic Clove** (unit(s))	2	3	4
Lime** (unit(s))	0.5	1	1
Salted Peanuts (g) 1)	25	40	40
Ginger Puree (g)	15	22.5	30
Hoisin Sauce (g) 11)	60	90	120
Sweet Chilli Sauce (g)	64	96	128
Soy Sauce (ml) 13) 11) 15)	20	20	40
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce* (ml)	50	75	100

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2356/563	605/145
Fat (g)	11.1	2.8
Sat. Fat (g)	2.1	0.5
Carbohydrate (g)	82.9	21.3
Sugars (g)	28.2	7.2
Protein (g)	29.5	7.6
Salt (g)	5.22	1.34

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

## Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten 15) Wheat 16) Barley

Please note: boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Remember to check packaging for the most up-to-date information and allergens.

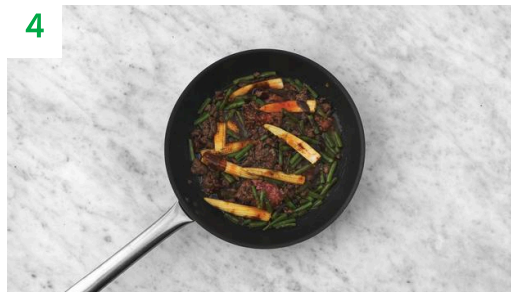
Use separate utensils for raw and cooked meat (or wash between). Rinse fruit and veg before use. Wash hands before and after prep. Some of our products are previously frozen. Please ensure they are fully defrosted before cooking. Ingredients in red are hot.



### 1 Fry the Mince and Beans

- Boil a full kettle for the **noodles**.
- Trim the **green beans**, then cut into thirds. Halve the **baby corn** lengthways. Heat a drizzle of oil in a large frying pan on medium-high heat.
- Once hot, add the **meat-free mince, baby corn and beans**. Fry until browned and tender, 5-6 mins. Season with **salt and pepper**. **IMPORTANT: Ensure the meat-free mince is piping hot throughout.**

**Make kid friendly:** If you'd prefer to serve the veg on the side, you can boil the green beans and baby corn separately for 4-6 mins and serve alongside.



### 4 Sauce Things Up

- Stir the **hoisin sauce, sweet chilli sauce, soy and water for the sauce** (see pantry for amount) into the **mince**.
- Bring to the boil, stirring, then lower the heat.
- Simmer until thickened and sticky, 2-3 mins.



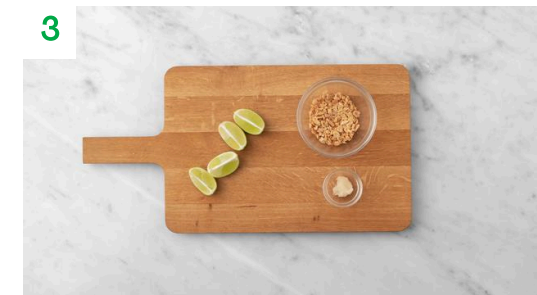
### 2 Cook the Noodles

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



### 5 Combine and Stir

- Add the **cooked noodles** to the pan and toss to coat in the **sticky sauce**.
- Squeeze in some **lime juice** from a **lime wedge**.
- Add a splash of **water** if it's a little too thick.



### 3 Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges.
- Crush the **peanuts** in the unopened sachet using a rolling pin.
- Once the **mince** is cooked, stir in the **garlic and ginger puree** and cook until fragrant, 1 min more.



### 6 Serve

- Share your **hoisin meat-free mince noodles** between your bowls.
- Sprinkle over the **peanuts** and serve with any remaining **lime wedges** for squeezing over.

**Enjoy!**

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