

Ginger Beef Noodles

with Green Beans and Red Pepper

FAMILY Hands On Time: 20 Minutes • Total Time: 25 Minutes • 1 of your 5 a day









Red Pepper

Green Beans



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Ketjap Manis



Soy Sauce



Egg Noodle Nest

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Fine Grater, Large Frying Pan, Large Saucepan and Sieve.

Ingredients

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	2P	3P	4P	
Green Beans**	1 small pack	1 large pack	2 small packs	
Red Pepper**	1	1½	2	
Lime**	1/2	1	1	
Ginger**	1 piece	1½ pieces	2 pieces	
Garlic Clove**	1 clove	2 clove	2 cloves	
Coriander**	1 bunch	1 bunch	1 bunch	
Beef Mince**	240g	360g	480g	
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets	
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets	
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests	
Sugar*	½ tsp	¾ tsp	1 tsp	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g		
for uncooked ingredients	401g	100g		
Energy (kJ/kcal)	2406 /575	600/143		
Fat (g)	20	5		
Sat. Fat (g)	8	2		
Carbohydrate (g)	66	16		
Sugars (g)	16	4		
Protein (g)	35	9		
Salt (g)	3.36	0.84		

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

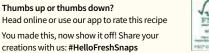
8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. 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).



2. 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, 6-8 mins. Break it up with a wooden spoon as it cooks. 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! IMPORTANT: The beef is safe to eat when browned all over and no longer pink in the middle.



3. 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 the **noodles** until tender, 4 mins. Once cooked, drain in a sieve and run under cold water to stop them from sticking together.



4. Stir-fry the Veg

Return the now empty frying pan to medium heat, adding another splash of oil if dry. Once hot, add the **pepper**, **green beans** and a small splash of water to help them cook. Stir-fry until tender. Stir in the ginger and garlic. Cook for 1 minute then stir in the remaining soy sauce and sugar (see ingredients for amount).



5. 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.



6. 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.