



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

N° 10



Green Beans



Red Pepper



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 you use them!

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	1½	2
Lime**	½	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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You can recycle me!

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).



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).



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.



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**.



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.



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.