



Honey and Ginger Beef Noodles

with Green Beans and Pepper

25

Calorie Smart

25 Minutes • 1 of your 5 a day • Under 600 Calories



Green Beans



Bell Pepper



Lime



Ginger



Garlic Clove



Beef Mince



Ketjap Manis



Honey



Soy Sauce



Egg Noodle Nest

Before you start

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

Cooking tools, you will need:

Kettle, Fine Grater, Garlic Press, Frying Pan, Bowl, Saucepan and Sieve.

Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Bell Pepper***	1	2	2
Lime**	½	1	1
Ginger**	1	1	2
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Ketjap Manis 11)	3 sachets	4 sachets	6 sachets
Honey	2 sachets	4 sachets	4 sachets
Soy Sauce 11) 13)	50ml	100ml	100ml
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	457g	100g
Energy (kJ/kcal)	2433/581	532/127
Fat (g)	21	4
Sat. Fat (g)	8	2
Carbohydrate (g)	66	14
Sugars (g)	40	9
Protein (g)	33	7
Salt (g)	6.77	1.48

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints® values based on low-cal cooking spray oil.

Allergens

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.

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HelloFresh UK

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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).



Stir-Fry the Veg

Return the (now empty) frying pan to medium heat. Once hot, add the **pepper**, **green beans** and a small splash of **water** to help them cook. Stir-fry until tender, 4-5 mins. Stir in the **ginger** and **garlic**. Cook for 1 min then stir in the remaining **soy sauce**.



Fry the Mince

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Add the **mince** and stir-fry until browned, 6-8 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle. When cooked, transfer the **beef** to a medium bowl and mix in the **ketjap manis**, **honey** and **half** of the **soy sauce**. Set to one side. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Combine

Add the **beef mince and sauce** 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** and **half** the **lime juice**. Season to taste with **salt** and **pepper**. **TIP:** Add a splash of water if you feel it needs it.



Cook the Noodles

In the meantime, pour the **boiled water** into a large saucepan over high heat with **½ tsp salt**. Stir in the **noodles**, bring back to the boil then cook the **noodles** until tender, 4 mins. Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



Time to Eat

Divide the **beef noodles** between your bowls and serve with the remaining **lime wedges** on the side for squeezing over.

Enjoy!

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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.