



# Satay Style Beef Mince and Noodles

with Red Pepper and Mangetout

N° 10

**FAMILY** Hands On Time: 20 Minutes • Total Time: 30 Minutes • 1.5 of your 5 a day



Red Pepper



Red Onion



Lime



Salted Peanuts



Garlic Clove



Beef Mince



Noodles



Mangetout



Peanut Butter



Sweet Chilli Sauce



Ketjap Manis



Soy Sauce



Pork Mince



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!




## Before you start

### Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan and Sieve.

### Ingredients

	2P	3P	4P
Red Pepper**	1	2	2
Red Onion**	1	1	2
Lime**	½	1	1
Salted Peanuts <b>1)</b>	1 small pot	1 large pot	1 large pot
Garlic Clove**	1 clove	2 cloves	2 cloves
Beef Mince**	240g	360g	480g
Noodles <b>8) 13)</b>	2 nests	3 nests	4 nests
Mangetout**	1 small pack	1 large pack	1 large pack
Peanut Butter <b>1)</b>	1 pot	2 pots	2 pots
Sweet Chilli Sauce	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
 Pork Mince**	240g	360g	480g

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

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	3222/770	716/171
Fat (g)	33	7
Sat. Fat (g)	10	2
Carbohydrate (g)	78	17
Sugars (g)	25	6
Protein (g)	42	9
Salt (g)	3.74	0.83

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	3519/841	782/187
Fat (g)	41	9
Sat. Fat (g)	12	3
Carbohydrate (g)	78	17
Sugars (g)	25	6
Protein (g)	42	9
Salt (g)	3.8.2	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut 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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



### 1. Get Started!

Bring a saucepan of **water** up to the boil with ¼ tsp **salt** for the **noodles**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**. Zest the **lime** and cut into wedges. Roughly chop the **peanuts**. Peel and grate the **garlic** (or use a garlic press).



### 2. Start Cooking!

Heat a drizzle of **oil** in a large frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Once browned, transfer the **mince** to a bowl but don't wash up the pan! Return the pan to medium high heat and add a drizzle of **oil** if it needs it. Once hot, add the **red pepper** and stir fry until softened and starting to brown, 4-5 mins.



### CUSTOM RECIPE

If you've chosen **pork mince** instead of **beef mince**, cook the **pork** in the same way the recipe tells you to cook the **beef mince**.



### 3. Cook the Noodles!

Meanwhile, once the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve and run under cold water to prevent them from sticking together.



### 4. Stir Fry!

Add the **red onion** and **mangetout** to the pan with the **red pepper** and stir fry until slightly softened, 2-3 mins. Add the **garlic** and cook, stirring, for 1 minute. Meanwhile, pop the **peanut butter**, **sweet chilli sauce**, **ketjap manis**, **soy sauce** and **lime zest** into a jug with 1 tbsp **water** per person. Stir together with a fork until evenly mixed. Return the **browned mince** to the pan along with the **mixture** in the jug, stir together and bring to a simmer.



### 5. Add the Noodles

Add the **noodles** to the pan with the **mince**, **veg** and **sauce** and mix together until the **noodles** are evenly coated in the **sauce**. Cook, stirring, until piping hot, 1-2 mins. **TIP:** Add a splash more water if the mixture is a little dry. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



### 6. Serve!

Divide the **stir fry** between plates, top with the **chopped peanuts** and serve with the **lime wedges** alongside for squeezing over.

**Enjoy!**