





Satay Style Beef Mince and Noodles

with Bell Pepper and Mangetout

Classic 30 Minutes • Little Spice • 2 of your 5 a day



-  Bell Pepper
-  Red Onion
-  Lime
-  Salted Peanuts
-  Garlic Clove
-  Beef Mince
-  Noodles
-  Mangetout
-  Peanut Butter
-  Sweet Chilli Sauce
-  Ketjap Manis
-  Soy Sauce

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Zester, Garlic Press, Frying Pan, Bowl and Sieve.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Garlic Clove	1	2	2
Beef Mince**	240g	360g	480g
Noodles 8) 13)	2 nests	3 nests	4 nests
Mangetout**	80g	150g	150g
Peanut Butter 1)	1 sachet	2sachets	2 sachets
Sweet Chilli Sauce	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	1 sachet	2 sachets	2sachets
13)			
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*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	452g	100g
Energy (kJ/kcal)	2759 /659	610 /146
Fat (g)	34	7
Sat. Fat (g)	11	2
Carbohydrate (g)	49	11
Sugars (g)	24	5
Protein (g)	41	9
Salt (g)	2.71	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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.

Contact

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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).



Stir-Fry

Add the **red onion** and **mangetout** to the pan with the **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 the **water for the sauce** (see ingredients for amount). 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.



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. **IMPORTANT:** *Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.* 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 the pan is dry. Once hot, add the **pepper** and stir-fry until softened and starting to brown, 4-5 mins.



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.*



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.



Serve

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

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.