



Sticky Sweet Chilli Beef Noodles with Green Beans and Peanuts

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

14



Beef Mince



Green Beans



Egg Noodle Nest



Garlic Clove



Lime



Salted Peanuts



Ginger Puree



Sweet Chilli Sauce



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, colander, garlic press and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Green Beans**	150g	200g	300g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Garlic Clove**	2	3	4
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	50g
Ginger Puree	15g	23g	30g
Sweet Chilli Sauce	96g	144g	192g
Soy Sauce 11) 13)	25ml	30ml	50ml

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 380g	Per 100g 100g
Energy (kJ/kcal)	3110 /743	819 /196
Fat (g)	28.2	7.4
Sat. Fat (g)	10.1	2.7
Carbohydrate (g)	81.1	21.4
Sugars (g)	28.2	7.4
Protein (g)	43.2	11.4
Salt (g)	5.09	1.34

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Fry the Beef

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

b) Heat a large frying pan on medium-high heat (no oil).

c) Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

d) Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Sauce Things Up

a) Add the **sweet chilli sauce**, **soy sauce** and **ketchup** (see pantry for amount) to the **beef**.

b) Bring to the boil, stirring, then lower the heat.

c) Simmer until thickened and sticky, 1-2 mins.



Cook the Noodles and Beans

a) While the **beef** cooks, trim the **green beans**.

b) When your pan of **water** is boiling, add the **noodles** and **green beans**.

c) Cook until tender, 4 mins.

d) Once cooked, drain in a colander and run under **cold water** to stop the **noodles** sticking together and keep the **veg** vibrant.



Combine and Stir

a) Add the **cooked noodles** and **green beans** to the pan and mix to coat in the **sticky sauce**.

b) Squeeze in the **lime juice** (see ingredients for amount).

c) Add a splash of **water** if it's a little too thick.



Prep Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Halve the **lime** and cut into wedges.

c) Crush the **peanuts** in the unopened sachet using a rolling pin.

d) Once the **beef** is cooked, stir in the **garlic** and **ginger puree**. Fry until fragrant, 1-2 mins.



Serve

a) Share your **sweet chilli beef noodles** between your bowls.

b) Sprinkle over the **peanuts** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!