



# Teriyaki Ginger Beef Noodles with Green Beans and Pepper

25

Calorie Smart Eat Me Early • 25 Minutes • 1 of your 5 a day



Green Beans



Bell Pepper



Ginger



Garlic Clove



Beef Mince



Teriyaki Sauce



Egg Noodle Nest

## Before you start

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

## Cooking tools

Kettle, fine grater, garlic press, frying pan, bowl, saucepan and sieve.

## Ingredients

	2P	3P	4P
Green Beans**	80g	150g	160g
Bell Pepper***	1	2	2
Ginger**	1	1	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Teriyaki Sauce (11)	150g	225g	300g
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	398g	100g
Energy (kJ/kcal)	2847 /680	716 /171
Fat (g)	21	5
Sat. Fat (g)	9	2
Carbohydrate (g)	83	21
Sugars (g)	30	8
Protein (g)	37	8
Salt (g)	4.83	1.21

*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

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.

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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. 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.



### Brown the Mince

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, 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 **teriyaki**. Set to one side.



### Combine the Flavours

Add the **teriyaki beef mince** back into the pan and stir in the **noodles**. Toss to coat and continue to cook until everything is combined and piping hot, 2-3 mins. Once hot, remove the pan from the heat and 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  $\frac{1}{2}$  **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 **teriyaki beef noodles** between your bowls.

Enjoy!

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