



Teriyaki Ginger Beef Noodles with Green Beans and Pepper

Classic 25-30 Minutes • 1 of your 5 a day

2



Green Beans



Bell Pepper



Garlic Clove



Ginger



Beef Mince



Teriyaki Sauce



Egg Noodle Nest

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	160g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Ginger**	1	1	2
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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	398g 2821 /674	100g 710 /170
Fat (g)	19.7	5.0
Sat. Fat (g)	8.3	2.1
Carbohydrate (g)	83.1	20.9
Sugars (g)	30.0	7.5
Protein (g)	38.8	9.8
Salt (g)	4.84	1.22

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

Allergens

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

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Get Prepped

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 **garlic** (or use a garlic press).

Peel and grate the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.



Stir-Fry the Veg

Pop the (now empty) frying pan on medium heat with a drizzle of **oil** if needed.

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**, then cook for 1 min more.



Bring on the Teriyaki Beef

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

Once 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.

Once cooked, transfer the **beef** to a medium bowl and mix in the **teriyaki sauce**. Set aside.



Combine and Stir

Add the **teriyaki beef mince** back into the pan and stir in the **cooked noodles**. Toss to coat and continue to cook until piping hot, 2-3 mins.

Once hot, remove from the heat and season to taste with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.



Cook the Noodles

Meanwhile, pour the **boiled water** into a large saucepan on high heat with $\frac{1}{2}$ **tsp salt**.

Add the **noodles** and bring back to the boil. Cook until tender, 4 mins.

Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



Serve

Share the **teriyaki beef noodles** between your bowls.

Enjoy!