

Mongolian Style Beef Noodles

with Stir-Fried Veg and Sesame Seeds











Garlic Clove





Egg Noodle Nest

Coleslaw Mix







Ginger Puree









Roasted White Sesame Seeds

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

Saucepan, garlic press, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Pak Choi**	1	2	2
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	125g	188g	250g
Beef Mince**	120g	240g	240g
Coleslaw Mix**	120g	240g	240g
Ginger Puree	15g	23g	30g
Hoisin Sauce 11)	128g	192g	256g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sriracha	30g	45g	60g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

Nutrition

*Not Included **Store in the Fridge

Per serving	Per 100g
390g	100g
2489 /595	638/152
14.3	3.7
4.9	1.3
86.9	22.3
32.8	8.4
28.8	7.4
6.35	1.63
	390g 2489 /595 14.3 4.9 86.9 32.8 28.8

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 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.

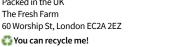
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Get Prepped

Bring a large saucepan of water to the boil with 1/4 tsp salt for the noodles.

In the meantime, peel and grate the garlic (or use a garlic press). Trim the **pak choi**, then cut widthways into 2cm slices. Trim the green beans, then cut into thirds.

When boiling, add the noodles to the water and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under cold water to stop them sticking together.



Time to Fry

Heat a drizzle of oil in a large frying pan on medium-high heat.

Once hot, add the beef mince and green beans. Stir-fry until the **mince** has browned and the **beans** are starting to soften, 6-7 mins. Use a spoon to break the **mince** up as it cooks.

Once the mince has browned, drain and discard any excess fat. Season with salt and pepper. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Add the Veg

Add the **pak choi** and **coleslaw mix** to the pan. Stir-fry until the veg has softened, 3-4 mins.

Stir in the garlic and ginger puree. Stir-fry until fragrant, 1 min.



Sauce Things Up

Add the hoisin sauce, soy sauce, water for the sauce (see pantry for amount) and half the sriracha (add less if you'd prefer things milder) to the beef. Stir to combine.

Bring to the boil and simmer until slightly thickened, 1-2 mins.



Oodles of Noodles

Add the **cooked noodles** to the pan, tossing them to coat them in the **sauce**. Add a splash more water if you feel it needs it.

Taste and season with **salt** and **pepper** if needed, then remove from the heat.



Serve Up

Share your spicy beef noodles between your bowls.

Drizzle over the remaining sriracha (add less if you prefer things milder) and sprinkle over the **sesame** seeds to finish.

Enjoy!



