



Mongolian Style Beef Noodles

with Stir-Fried Veg and Sesame Seeds

25

Calorie Smart 25-30 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Garlic Clove



Pak Choi



Green Beans



Egg Noodle Nest



Beef Mince



Coleslaw Mix



Ginger Puree



Hoisin Sauce



Soy Sauce



Sriracha



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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2489 /595	638 /152
Fat (g)	14.3	3.7
Sat. Fat (g)	4.9	1.3
Carbohydrate (g)	86.9	22.3
Sugars (g)	32.8	8.4
Protein (g)	28.8	7.4
Salt (g)	6.35	1.63

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.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **¼ 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.



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.



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.



Ooodles 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.



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.



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!



Weight Watchers