











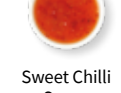

Sweet Chilli Hoisin Beef Noodles

with Green Beans and Peanuts

Rapid 20 Minutes • Mild Spice

15



-  Green Beans
-  Beef Mince
-  Egg Noodle Nest
-  Garlic Clove
-  Lime
-  Salted Peanuts
-  Ginger Puree
-  Hoisin Sauce
-  Sweet Chilli Sauce
-  Soy Sauce

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, frying pan, saucepan, sieve, garlic press and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Beef Mince**	240g	360g	480g
Egg Noodle Nest 8 13	125g	187g	250g
Garlic Clove**	2	3	4
Lime**	½	1	1
Salted Peanuts 1	25g	40g	50g
Ginger Puree	15g	22g	30g
Hoisin Sauce 11	64g	96g	128g
Sweet Chilli Sauce	32g	48g	64g
Soy Sauce 11 13	25ml	30ml	50ml

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	330g	100g
Energy (kJ/kcal)	2999 / 717	908 / 217
Fat (g)	28.2	8.5
Sat. Fat (g)	9.9	3.0
Carbohydrate (g)	75.3	22.8
Sugars (g)	21.7	6.6
Protein (g)	42.5	12.9
Salt (g)	5.66	1.71

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

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Fry the Beef and Beans

- Boil a full kettle.
- Trim the **green beans**, then cut into thirds. Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince** and **beans**. Fry until browned and tender, 5-6 mins. Use a spoon to break it up as it cooks.
- Drain and discard any excess fat, then 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.*



Sauce Things Up

- Add the **hoisin sauce**, **sweet chilli sauce**, **soy sauce** and **water for the sauce** (see pantry for amount) to the **beef**.
- Bring to the boil, stirring, then lower the heat.
- Simmer until thickened and sticky, 2-3 mins.



Cook the Noodles

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Combine and Stir

- Add the **cooked noodles** to the pan and toss to coat in the **sticky sauce**.
- Squeeze in the **lime juice**.
- Add a splash of **water** if it's a little too thick.



Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount).
- Crush the **peanuts** in the unopened sachet using a rolling pin.
- Once the **beef** is cooked, stir in the **garlic** and **ginger puree**. Cook until fragrant, 1 min.



Serve

- Share your **hoisin beef noodles** between your bowls.
- Sprinkle over the **peanuts** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!