



# Asian Style Beef and Mixed Veg Stir-Fry with Egg Noodles and Sesame Seeds

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

2



Bell Pepper



Green Beans



Garlic Clove



Beef Mince



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Honey



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, frying pan, colander and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	125g	187g	250g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	40ml	50ml
Honey	15g	30g	30g
Roasted White Sesame Seeds 3)	5g	7g	7g

Pantry	2P	3P	4P
Tomato Ketchup*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*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)	379g 2824 /675	100g 746 /178
Fat (g)	22.3	5.9
Sat. Fat (g)	9.1	2.4
Carbohydrate (g)	80.5	21.3
Sugars (g)	28.6	7.6
Protein (g)	39.4	10.4
Salt (g)	5.55	1.47

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

## 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**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Trim and halve the **green beans**.

Peel and grate the **garlic** (or use a garlic press).



## Add the Garlic

In a small bowl, combine the **soy sauce**, **ketjap manis**, **honey**, **tomato ketchup** and the **water for the sauce** (see pantry for both amounts). **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Once the **beef mince** has browned and the **pepper** has started to soften, add the **garlic** and stir-fry for 1 min.



## Fry Time

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

Once hot, add the **beef mince** and **sliced pepper**. Stir-fry until the **mince** has browned and the **pepper** has softened, 5-6 mins.

Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



## Sauce Things Up

Once cooked, add the **noodles** and **beans** to the frying pan.

Pour in the **sticky sauce**, then mix well to combine. Cook until everything's piping hot, 2-3 mins, then remove from the heat. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Cook the Noodles and Beans

Meanwhile, add the **noodles** and **green beans** to your pan of **boiling water**. Cook until tender, 4 mins.

Once cooked, drain in a colander and run under **cold water** to stop the **noodles** sticking together and keep the **beans** vibrant.



## Serve

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

Finish with a sprinkling of **roasted sesame seeds** for those who'd like them.

## Enjoy!