



# Teriyaki Ginger Beef Noodles

with Pak Choi and Lime

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

25



Pak Choi



Lime



Carrot



Garlic Clove



Egg Noodle Nest



Beef Mince



Ginger Puree



Sambal Paste



Teriyaki 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. Ingredients in red are hot!

## Cooking tools

Kettle, peeler, grater, saucepan, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Lime**	½	¾	1
Carrot**	1	2	2
Garlic Clove**	2	3	4
Egg Noodle Nest <b>8</b> <b>13</b>	125g	187g	250g
Beef Mince**	240g	360g	480g
Ginger Puree	15g	22g	30g
Sambal Paste	15g	22g	30g
Teriyaki Sauce <b>11</b>	75g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>405g</b>	<b>100g</b>
Energy (kJ/kcal)	2624 /627	649 /155
Fat (g)	21.9	5.4
Sat. Fat (g)	9.0	2.2
Carbohydrate (g)	71.3	17.6
Sugars (g)	19.3	4.8
Protein (g)	38.4	9.5
Salt (g)	3.84	0.95

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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

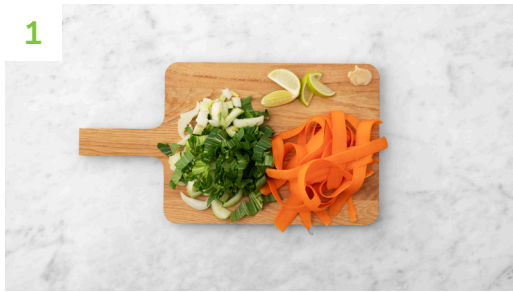
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## Get Prepped

- Boil a full kettle.
- Trim the **pak choi**, then thinly slice widthways. Cut the **lime** into wedges (see ingredients for amount).
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Peel and grate the **garlic** (or use a garlic press).



## Sauce Time

- Once the **beef** is cooked, turn the heat down to medium.
- Add the **garlic**, **ginger puree** and **pak choi**. Fry until fragrant, 2-3 min.
- Pour in the **sambal**, **teriyaki sauce** and **water for the sauce** (see pantry for amount). Stir to combine and simmer until glossy, 1-2 min.



## Bring on the Noodles

- Pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring back to the boil.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together.



## Combine and Stir

- Toss the **cooked noodles** and **carrot ribbons** in the **sauce** until coated and piping hot, 1 min.
- Add a squeeze of **lime juice** from a **lime wedge**. Taste and season with **salt** and **pepper** if needed.



## Fry the Beef

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 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. It's cooked when no longer pink in the middle.



## Serve

- When ready, share the **teriyaki beef noodles** between your bowls.
- Serve the remaining **lime wedges** alongside for squeezing over.

## Enjoy!