



# Cumin Spiced Teriyaki Lamb Noodles

with Bell Pepper and Spring Onion

Calorie Smart

20 Minutes • 1 of your 5 a day • Under 650 Calories

25



Bell Pepper



Garlic Clove



Spring Onion



Lamb Mince



Ground Cumin



Egg Noodle Nest



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.

## Cooking tools

Kettle, garlic press, frying pan, saucepan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Lamb Mince**	200g	300g	400g
Ground Cumin	1 sachet	1 sachet	2 sachets
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
Teriyaki Sauce <b>11)</b>	150g	225g	300g

Pantry	2P	3P	4P
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	Per serving	Per 100g
for uncooked ingredient	<b>344g</b>	<b>100g</b>
Energy (kJ/kcal)	2477 /592	719 /172
Fat (g)	15.2	4.4
Sat. Fat (g)	6.7	1.9
Carbohydrate (g)	81.7	23.7
Sugars (g)	29.3	8.5
Protein (g)	31.8	9.2
Salt (g)	5.02	1.46

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Prep the Veg

- Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.



## Spice Things Up

- Add the **garlic** to the **lamb**.
- Stir-fry until fragrant, 1 min.



## Get Frying

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **lamb mince** and **sliced pepper**. Cook until the **mince** is browned and the **pepper** is starting to soften, 5-6 mins. Use a spoon to break up the mince as it cooks, then drain and discard any excess fat.
- Add the **ground cumin** and **half** the **spring onion**. Cook for 1 min more.
- 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.



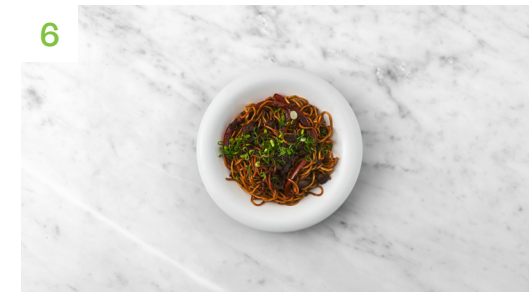
## Bring on the Sauce

- Pour the **teriyaki sauce** and **water for the sauce** (see pantry for amount) into the **lamb**. Bring to a simmer for 2-3 mins.
- Add the **cooked noodles** and stir to combine.
- Taste and season with **salt** and **pepper** if needed.



## Cook the Noodles

- Meanwhile, pour the **boiled water** from your kettle into a medium saucepan with  $\frac{1}{2}$  **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 them sticking together.



## Serve

- Share the **cumin lamb noodles** between your bowls.
- Scatter the remaining **spring onion** over the top.

Enjoy!