



# Sweet and Sticky Beef Noodles with Mangetout and Pak Choi

2

Family 20 Minutes • Medium Spice • 1 of your 5 a day



Pak Choi



Garlic Clove



Egg Noodle Nest



British Beef Mince



Thai Style Spice Blend



Mangetout



Hoisin Sauce



Teriyaki Sauce



Soy Sauce



Unconventional Plant-Based Burgers

**Pantry Items**  
Oil, Salt, Pepper

### Make it Vegetarian

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!



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

## Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Garlic Clove**	2	3	4
Egg Noodle Nest <b>8</b> <b>13</b> )	125g	187g	250g
British Beef Mince**	240g	360g	480g
Thai Style Spice Blend <b>3</b> )	1 sachet	1 sachet	2 sachets
Mangetout**	80g	150g	150g
Hoisin Sauce <b>11</b> )	64g	96g	128g
Teriyaki Sauce <b>11</b> )	50g	75g	100g
Soy Sauce <b>11</b> <b>13</b> )	15ml	25ml	30ml
Unconventional Plant-Based Burgers** <b>11</b> )	2	4	4

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	409g	100g	379g	100g
Energy (kJ/kcal)	2724 /651	666 /159	2426 /580	640 /153
Fat (g)	21.8	5.3	14.9	3.9
Sat. Fat (g)	8.9	2.2	5.9	1.6
Carbohydrate (g)	74.2	18.1	80.5	21.2
Sugars (g)	23.4	5.7	23.8	6.3
Protein (g)	40.9	10.0	28.1	7.4
Salt (g)	5.47	1.34	6.40	1.69

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Start the Prep

- Boil a full kettle.
- Trim the **pak choi**, then separate the leaves.
- Peel and grate the **garlic** (or use a garlic press).



## Cook the Noodles

- Pour the **boiled water** into a large saucepan on medium heat with  $\frac{1}{2}$  **tsp salt** and bring to a boil.
- Add the **noodles** and **pak choi** to the **water**. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together.



## Bring on 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.

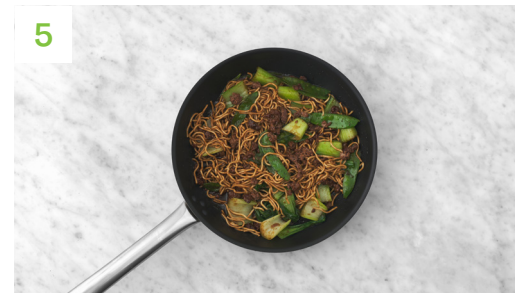
## Make it Vegetarian

If you've chosen the veggie version, cook the **plant-based burgers** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** Ensure they're piping hot throughout.



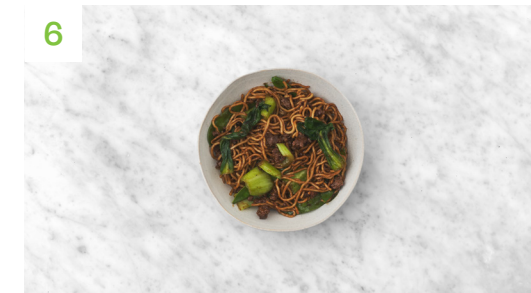
## Flavour Town

- Add the **Thai style spice blend** (add less if you'd prefer things milder), **garlic** and **mangetout** to the **beef**. Stir-fry for 30 secs.
- Pour in the **hoisin**, **teriyaki**, **soy** and **water for the sauce** (see pantry for amount) and bring to a boil.
- Reduce the heat slightly, then simmer until the **sauce** has thickened, 2-3 mins.



## Time to Toss

- Once the **sauce** has thickened, toss the **cooked noodles** into the **beef mixture** until well combined.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little dry.



## Serve Up

- Share your **sticky beef noodles** between your bowls.

## Enjoy!