



Super Quick Sweet Chilli Szechuan Beef with Egg Noodles and Green Beans

Super Quick 15 Minutes • **Medium Spice** • 1 of your 5 a day

8



Green Beans



Egg Noodle Nest



British Beef Mince



Coleslaw Mix



Hoisin Sauce



Szechuan Paste



Sweet Chilli 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, saucepan, frying pan,

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	125g	187g	250g
British Beef Mince**	240g	360g	480g
Coleslaw Mix**	120g	180g	240g
Hoisin Sauce 11)	64g	96g	128g
Szechuan Paste 11)	75g	100g	150g
Sweet Chilli Sauce	32g	48g	64g

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	393g	100g
Energy (kJ/kcal)	2803 /670	713 /170
Fat (g)	21.7	5.5
Sat. Fat (g)	8.9	2.3
Carbohydrate (g)	80.9	20.6
Sugars (g)	29.9	7.6
Protein (g)	38.6	9.8
Salt (g)	4.23	1.08

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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Quick Prep

- Boil a half-full kettle.
- Meanwhile, trim the **green beans**. Cut into thirds.
- Pour the **boiled water** into a saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Boil the **noodles**, 4 mins. Once cooked, drain and run under **cold water**.



Flavour Town

- Next, add the **coleslaw** to the pan. Stir-fry, 2-3 mins.
- Stir in the **hoisin**, **Szechuan**, **sweet chilli** and **water** (see pantry).
- Bring to the boil. Simmer, 1-2 mins. Season with **salt** and **pepper**.
- Add the **cooked noodles**. Toss to coat in the **sauce**, 1 min. Add a splash of **water** if needed.



Get Frying

- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **beef** and **green beans**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Dinner's Ready!

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

Enjoy!