



Quick Teriyaki Ginger Beef Noodles with Green Beans and Lime

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

2



Green Beans



Lime



Carrot



Garlic Clove



Egg Noodle Nest



British Beef Mince



Ginger Puree



Sambal Paste



Teriyaki Sauce



Soy Sauce



It takes less than 25 minutes to make these Quick Teriyaki Ginger Beef Noodles. Widely used in Japanese barbecue dishes, teriyaki's name comes from the Japanese 'teri', meaning 'shine' and 'yaki' meaning fried or grilled.

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, garlic press, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	230g	300g
Lime**	½	¾	1
Carrot**	1	2	2
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	125g	187g	250g
British Beef Mince**	240g	360g	480g
Ginger Puree	15g	22g	30g
Sambal Paste	15g	22g	30g
Teriyaki Sauce 11)	75g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
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	423g	100g
Energy (kJ/kcal)	2716 / 649	642 / 153
Fat (g)	22.2	5.2
Sat. Fat (g)	9.0	2.1
Carbohydrate (g)	72.7	17.2
Sugars (g)	20.5	4.8
Protein (g)	39.9	9.4
Salt (g)	5.21	1.23

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.

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

Contact

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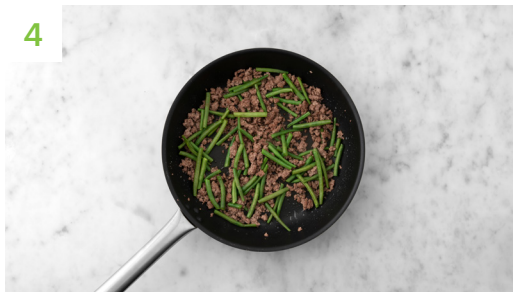
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Get Prepped

- Boil a half-full kettle.
- Trim the **green beans**. 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** and **ginger puree**. Fry until fragrant, 2-3 min.
- Pour in the **sambal**, **teriyaki sauce**, **soy 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** into 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 **green beans**. Fry until browned, 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. It's cooked when no longer pink in the middle.



Serve

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

Enjoy!