



Cumin Lamb Noodles

with Bell Pepper, Spring Onion and Chilli Flakes

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

15



Bell Pepper



Garlic Clove



Spring Onion



Lemon



Lamb Mince



Ground Cumin



Egg Noodle Nest



Chilli Flakes



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 lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Lemon**	½	1	1
Lamb Mince**	200g	300g	400g
Ground Cumin	1 sachet	1 sachet	2 sachets
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Chilli Flakes	1 pinch	1 pinch	2 pinches
Teriyaki Sauce 11)	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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2526 /604	725 /173
Fat (g)	15.4	4.4
Sat. Fat (g)	6.5	1.9
Carbohydrate (g)	84.9	24.4
Sugars (g)	29.5	8.5
Protein (g)	32.2	9.2
Salt (g)	4.94	1.42

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, 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.

Contact

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60 Worship St, London EC2A 2EZ

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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**.
- Cut the **lemon** into wedges.



Spice Things Up

- Add the **garlic** and **chilli flakes** (add less if you'd prefer things milder) to the **lamb**.
- Fry until fragrant, 1 min.



Get Frying

- Heat a drizzle of **oil** in large frying pan on medium-high heat.
- Once hot, add the **lamb mince**, **ground cumin**, **bell pepper** and **half** the **spring onion**. Cook until the **mince** is browned and the **bell 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. 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 1-2 mins.
- Add the **cooked noodles** and a good squeeze of **lemon juice**. 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 **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 them sticking together.



Serve

- Share the **cumin lamb noodles** between your bowls.
- Scatter the remaining **spring onion** over the top.
- Serve with any remaining **lemon wedges** for squeezing over.

Enjoy!