



Hoisin Beef and Mixed Veg Stir-Fry with Egg Noodles and Sesame Seeds

Family 25-30 Minutes • 1 of your 5 a day

8



Bell Pepper



Tenderstem® Broccoli



Garlic Clove



Beef Mince



Egg Noodle Nest



Hoisin Sauce



Ketjap Manis



Soy Sauce



Roasted White Sesame Seeds

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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

Saucepan, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Egg Noodle Nest (8) 13)	2 nests	3 nests	4 nests
Hoisin Sauce (11)	96g	160g	192g
Ketjap Manis (11)	1 sachet	2 sachets	2 sachets
Soy Sauce (11) 13)	15ml	25ml	30ml
Roasted White Sesame Seeds (3)	1 sachet	1 sachet	1 sachet

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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3010 / 719	774 / 185
Fat (g)	24.4	6.3
Sat. Fat (g)	9.3	2.4
Carbohydrate (g)	83.3	21.4
Sugars (g)	29.9	7.7
Protein (g)	42.5	10.9
Salt (g)	5.55	1.43

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, 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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Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Cut the **Tenderstem®** into thirds.

Peel and grate the **garlic** (or use a garlic press).



Add the Garlic

Once the **beef mince** has browned and the **pepper** has started to soften, add the **garlic** and stir-fry for 1 min.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **beef mince** and **sliced pepper**. Stir-fry until the **mince** has browned and the **pepper** has softened, 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.



Sauce Things Up

Once cooked, add the **noodles** and **broccoli** to the frying pan.

Pour in the **hoisin sauce**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount), then mix well to combine.

Cook until everything is piping hot, 2-3 mins, then remove from the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Cook the Noodles and Beans

Meanwhile, add the **noodles** and **Tenderstem® broccoli** to the pan of boiling **water** and cook until tender, 4 mins.

Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together and to keep the broccoli vibrant.



Serve

Share the **hoisin beef noodles** between your serving bowls.

Finish with a sprinkling of **roasted sesame seeds** for those who'd like them.

Enjoy!