



Lemongrass and Teriyaki Beef Noodles

with Green Beans and Pepper

Rapid 20 Minutes • 1 of your 5 a day

13



Bell Pepper



Green Beans



Egg Noodle Nest



Beef Mince



Ginger, Garlic & Lemongrass Puree



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, saucepan, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Teriyaki Sauce 11)	150g	225g	300g

*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)	390g 2816 /673	100g 722 /173
Fat (g)	19.9	5.1
Sat. Fat (g)	8.3	2.1
Carbohydrate (g)	82.3	21.1
Sugars (g)	30.2	7.7
Protein (g)	38.3	9.8
Salt (g)	5.19	1.33

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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Get Prepped

- Boil a full kettle.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a large saucepan and bring back to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.



Add the Flavour

- Add the **ginger, garlic & lemongrass puree** to the **beef**.
- Cook, stirring, for 1 min.



Cook the Noodles and Beans

- Add the **noodles** and **green beans** to the pan of **water** and bring back to the boil.
- Cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** Run the **noodles and veg under cold water to stop them sticking together and to keep the veg vibrant**.



Combine and Stir

- Add the **cooked noodles, green beans** and **teriyaki sauce** to the **beef**.
- Cook, stirring, until piping hot, 1-2 mins.
- Add a splash of **water** if it's a little too thick. Taste and season with **salt** and **pepper** if needed.



Bring on the Beef

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **beef mince** and **pepper**. Fry until browned, 5-6 mins. Use a spoon to break it 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. The mince is cooked when no longer pink in the middle.



Serve

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

Enjoy!