



Sticky Sweet Chilli Beef Noodles

with Green Beans and Peanuts

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

11



Beef Mince



Green Beans



Egg Noodle Nest



Garlic Clove



Ginger



Lemon



Salted Peanuts



Sweet Chilli Sauce



Hoisin Sauce



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, frying pan, sieve, garlic press, grater and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Garlic Clove**	2	3	4
Ginger**	1	1½	2
Lemon**	½	1	1
Salted Peanuts 1)	25g	40g	50g
Sweet Chilli Sauce	48g	72g	96g
Hoisin Sauce 11)	32g	48g	64g
Soy Sauce 11) 13)	25ml	30ml	50ml

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	354g 3016 / 721	100g 853 / 204
Fat (g)	27.8	7.9
Sat. Fat (g)	9.9	2.8
Carbohydrate (g)	78.3	22.1
Sugars (g)	23.4	6.6
Protein (g)	41.6	11.8
Salt (g)	4.70	1.33

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 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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Fry the Beef

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

b) Heat a large frying pan on medium-high heat (no oil).

c) Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

d) 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.



Sauce Things Up

a) Add the **sweet chilli sauce**, **hoisin sauce**, **soy sauce** and **ketchup** (see pantry for amount) to the **beef**.

b) Bring to the boil, stirring, then lower the heat.

c) Simmer until thickened and sticky, 1-2 mins.



Cook the Noodles and Beans

a) While the **beef** cooks, trim and halve the **green beans**.

b) When your pan of **water** is boiling, add the **noodles** and **green beans**.

c) Cook until tender, 4 mins.

d) Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and to keep the **veg** vibrant.



Combine and Stir

a) Add the **cooked noodles** and **green beans** to the pan and mix to coat in the **sticky sauce**.

b) Squeeze in the **lemon juice** (see ingredients for amount).

c) Add a splash of **water** if it's a little too thick.



Prep Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. **TIP:** Use a **teaspoon** to easily scrape away the peel.

b) Halve the **lemon** and cut into wedges.

c) Crush the **peanuts** in the unopened sachet using a rolling pin.

d) Once the **beef** is cooked, stir in the **garlic** and **ginger**. Fry until fragrant, 1-2 mins.



Serve

a) Share your **sweet chilli beef noodles** between your bowls.

b) Sprinkle over the **peanuts** and serve with any remaining **lemon wedges** for squeezing over.

Enjoy!