














# Sweet Chilli Beef

with Noodles, Veggies and Sesame Seeds

25

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



-  Ginger
-  Garlic Clove
-  Soy Sauce
-  Sweet Chilli Sauce
-  Beef Steak Strips
-  Bell Pepper
-  Carrot
-  Spring Onion
-  Egg Noodle Nest
-  Sesame Seeds
-  Ketjap Manis

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, grater, garlic press, bowl, colander and frying pan.

## Ingredients

	2P	3P	4P
Ginger**	1	1½	2
Garlic Clove*	1	2	2
Soy Sauce <b>11</b> <b>13</b>	25ml	25ml	50ml
Sweet Chilli Sauce	32g	64g	64g
Beef Steak Strips**	240g	360g	480g
Bell Pepper***	1	2	2
Carrot**	1	1	2
Spring Onion**	2	3	4
Egg Noodle Nest <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
Sesame Seeds <b>3</b>	15g	15g	15g
Ketjap Manis <b>11</b>	1 sachet	1½ sachets	2 sachets
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

	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2297 /549	580 /139
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	73	18
Sugars (g)	22	6
Protein (g)	38	9
Salt (g)	4.04	1.02

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## 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.

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## Marinate the Beef

Bring a large saucepan of **water** to the boil with ½  **tsp salt**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Pop the **ginger** and **garlic** into a bowl with the **soy sauce** and **sweet chilli sauce**. Stir together, then add the **beef strips** and stir to combine. Leave to the side to marinate. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once your **oil** is really hot, add the **beef strips** (leaving any **marinade** in your bowl) and fry until browned on the outside, 2-3 mins, stirring occasionally. Remove the **beef** and any **juices** from the pan into a clean bowl.



## Prep the Veg

While the **beef** marinates, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Trim and thinly slice the **spring onion**.



## Add your Veggies

Add another drizzle of **oil** to your (now empty) pan if it's dry, then add the **pepper**, **carrot** and a pinch of **salt** and **pepper**. Stir-fry until the **veggies** are softened, 5-6 mins. Add any leftover **marinade** and **half** the **spring onion** to your pan, stir and cook for 2 mins. Add the **beef** (and any **juices**) back in as well, along with the **sesame seeds**. Stir and cook until piping hot, 2 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



## Cook the Noodles

When your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a colander. Refill your saucepan (off the heat) with **cold water** and pop in the **noodles**. **TIP:** This stops them from cooking further.



## Finish and Serve

Add the cooked **noodles**, **ketjap manis** and **water for the sauce** (see ingredients for amount) to your pan, stir together to combine well and cook until the **noodles** are piping hot, 2 mins. Divide the **sweet chilli beef noodles** between your bowls and sprinkle over the remaining **spring onion**.

Enjoy!

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