



Thai Inspired Beef and Noodle Stir-Fry

with Sugar Snaps and Sesame Seeds

Rapid 20 Minutes • Mild Spice

13



Sugar Snap Peas



Garlic Clove



Egg Noodle Nest



Beef Mince



Red Thai Style Paste



Ketjap Manis



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Garlic press, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	50g	75g	100g
Roasted White Sesame Seeds 3)	5g	7g	7g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2789 /667	993 /237
Fat (g)	26.2	9.3
Sat. Fat (g)	9.1	3.2
Carbohydrate (g)	71.3	25.4
Sugars (g)	19.6	7.0
Protein (g)	37.9	13.5
Salt (g)	3.75	1.33

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

- Slice the **sugar snap peas** in half lengthways.
- Peel and grate the **garlic** (or use a garlic press).



Bring on the Noodles

- Bring a large saucepan of **water** to the boil with **¼ tsp salt**.
- When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Cook the Beef

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



Build the Flavour

- Once the **beef** has browned, add the **sugar snaps**, **red Thai style paste** and **garlic** to the pan.
- Stir-fry until fragrant, 1 min.



Combine and Stir

- Add the **cooked noodles**, **ketjap manis**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir to combine until piping hot, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Serve Up

- When ready, share the **beef noodles** between your bowls.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!