



Vietnamese Inspired Beef Noodles

with Pak Choi and Lime

25

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Pak Choi



Lime



Carrot



Egg Noodle Nest



Beef Mince



Ginger, Garlic & Lemongrass Puree



Sambal



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, vegetable peeler, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Lime**	½	¾	1
Carrot**	1	2	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Sambal	15g	23g	30g
Teriyaki Sauce 11)	75g	75g	100g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	375g	100g
Energy (kJ/kcal)	2593/620	692/165
Fat (g)	22.2	5.9
Sat. Fat (g)	8.8	2.3
Carbohydrate (g)	69.6	18.6
Sugars (g)	19.2	5.1
Protein (g)	37.3	10.0
Salt (g)	3.62	0.97

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

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.
- Trim the **pak choi**, then separate the leaves. Cut the **lime** into wedges (see ingredients for amount).
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Sauce Time

- Once the **beef** is cooked, turn the heat down to medium.
- Add the **ginger, garlic & lemongrass puree** and **pak choi**. Fry until fragrant, 2-3 min.
- Pour in the **sambal, teriyaki sauce** and **water for the sauce** (see pantry for amount). Stir to combine and simmer until glossy, 1-2 min.



Bring on the Noodles

- Pour the **boiled water** into a medium saucepan with **¼ tsp salt** and bring back to a boil.
- When boiling, add the **noodles** to the **water**. Cook until tender, 4 mins.
- Once cooked, drain in a colander and run under **cold water** to stop the **noodles** sticking together.



Combine and Stir

- Toss the **cooked noodles** and **carrot ribbons** into the **sauce** until coated and piping hot, 1 min.
- Add a squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



Cook the Beef

- Meanwhile, 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. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Serve

- When ready, share the **Vietnamese inspired beef noodles** between your bowls.
- Serve the remaining **lime wedges** alongside for squeezing over.

Enjoy!

