



# Fragrant Beef Egg Noodles

with pak choi and carrots

Family 30-35 mins

5



Beef Rump



Garlic



Lime



Thai Style Spice Mix



Hoisin Sauce



Carrot



Egg Noodles



Beef Stock



Onion



Pak Choi

Pantry Items: Water, Oil, Salt, Pepper, Sugar



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, sieve, zester

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Garlic	2 units	4 units
Lime	½ unit	1 unit
Thai Style Spice Mix	2 sachets	4 sachets
Hoisin Sauce	2 sachets	4 sachets
Carrot	1 unit	2 units
Egg Noodles	150 g	300 g
Beef Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Pak Choi	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>433 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2731 kJ/ 653 kcal	620.4 kJ/ 148.3 kcal
Fat (g)	18.9 g	4.4 g
Sat. Fat (g)	6.4 g	1.5 g
Carbohydrate (g)	77.8 g	18 g
Sugars (g)	15.4 g	3.6 g
Protein (g)	41.9 g	9.7 g
Salt (g)	2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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### Cook the Noodles

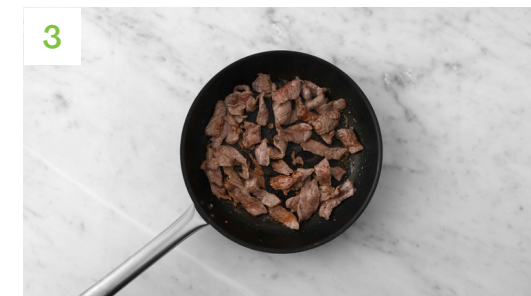
- Boil a large pot of **salted water** for the **egg noodles**.
- Cook the **noodles** in the boiling **water** until softened, 4-6 mins.
- Drain in a sieve and return to the pot with a splash of **oil**. Toss to prevent sticking.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Get Prepped

- Trim the **pak choi**, then halve lengthways.
- Trim the **carrot**, then slice into ½ cm rounds (no need to peel).
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest **half** the **lime** (double for 4p) then cut in **half**.



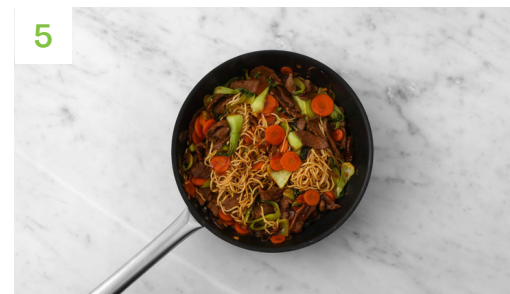
### Fry the Beef

- Thinly slice the **beef rump**.
- Place a large pan over high heat with a drizzle of **oil**.
- When the pan is hot, fry the sliced **beef** until browned, shifting as it colours, 2-3 mins.  
**IMPORTANT:** Wash hands and equipment after handling raw beef. Meat is cooked when outside is browned.
- Remove from the pan and set aside.



### Add Your Veg

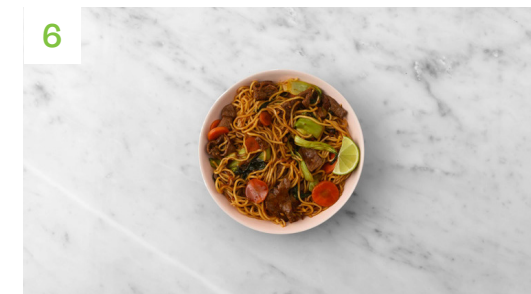
- Return the pan to medium-high heat and add the **carrots** and **onion** with a drizzle of **oil**.
- Cook until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and **Thai spice mix**.
- Stir in the **beef stock powder** along with 100ml **water** (double for 4p).
- Add the **pak choi** and simmer, stirring frequently until the liquid has reduced by **half**, 4-5 mins.



### Season the Sauce

- When the liquid has reduced, add the **hoisin sauce** and ½ tsp **sugar** (double for 4p).
- Stir through the **lime** zest and a squeeze of **lime** juice.
- Taste and season with **salt**, **pepper** and **sugar**.
- Add the **beef strips** and cooked **egg noodles** to the pan and toss to coat in the sauce until warmed through, 1-2 mins.

**TIP:** *Add a splash of water to loosen the sauce if necessary.*



### Serve and Enjoy

- Share the fragrant **beef noodles** between your bowls.
- Chop any remaining **lime** into wedges and serve alongside.

## Enjoy!