



Thai Style Beef Noodles

with bell pepper and charred courgette

Family Quick Cook 20-25 mins

3



Beef Mince



Bell Pepper



Ginger



Egg Noodles



Thai Style Spice Mix



Lime



Ketjap Manis



Beef Stock



Courgette



Sweet Chilli Sauce



Dried Chilli Flakes

Pantry Items: Water, Oil, Salt, Pepper

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, pot with lid, sieve, zester

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Bell Pepper	1 unit	2 units
Ginger	1 unit	2 units
Egg Noodles	150 g	300 g
Thai Style Spice Mix	2 sachets	4 sachets
Lime	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Beef Stock	1 sachet	2 sachets
Courgette	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	484 g	100 g
Energy (kJ/kcal)	2891.1 kJ/ 691 kcal	597.3 kJ/ 142.8 kcal
Fat (g)	23 g	4.8 g
Sat. Fat (g)	8.6 g	1.8 g
Carbohydrate (g)	82.3 g	17 g
Sugars (g)	22 g	4.5 g
Protein (g)	40.1 g	8.3 g
Salt (g)	3 g	0.6 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?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Noodles

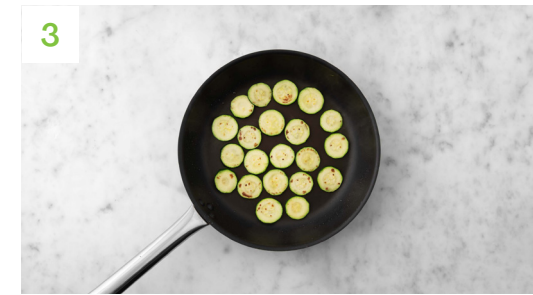
- Boil a large pot of **salted water** for the **egg noodles**.
- Add the **noodles** to the boiling **water** and cook until softened, 4-6 mins. Drain in a sieve.
- Return to the pot with a splash of **oil**.
- Toss to prevent sticking, cover and set aside.

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



Get Prepped

- Meanwhile, halve the **bell pepper**, discard the core and seeds and thinly slice.
- Trim the **courgette** and cut into 1cm thick rounds.
- Peel and finely grate the **ginger**.
- Zest and juice the **lime**.



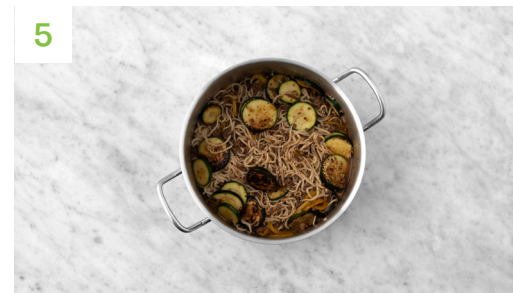
Char the Courgette

- Place a large pan over medium-high heat (without oil).
- Cook the **courgette** until charred, 6-8 mins. Season with **salt** and **pepper**. Turn every 2-3 mins.
- Once cooked, remove from the pan and set aside.



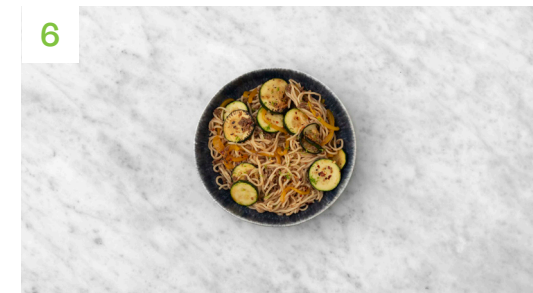
Brown the Beef

- Meanwhile, place a separate large pot over medium-high heat with a drizzle of **oil**.
- Fry the **beef mince**, **pepper** and **ginger** until browned, 6-8 mins. Season with **salt** and **pepper**. Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Add the **Thai spice** and cook until fragrant, 1 min.



Simmer the Sauce

- Add the **lime juice**, **stock powder**, **ketjap manis**, **sweet chilli sauce**, **chilli flakes** (use less if you don't like spice) and 50ml **water** (double for 4p) to the **beef**.
- Simmer together for 1-2 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Once cooked, remove the **mince** from the heat.
- Add the drained **noodles** and charred **courgette** to the **mince**.
- Mix well and season to taste with **salt** and **pepper**.



Finish and Serve

- Share the Thai style **beef noodles** between bowls.
- Finish with a sprinkling of **lime zest**.

Enjoy!