



# Thai Beef Noodles

with bell peppers and peas

Family Quick Cook 20 – 25 mins

19



Beef Mince



Bell Pepper



Egg Noodles



Thai Style Spice Mix



Lime



Ketjap Manis



Beef Stock



Sweet Chilli Sauce



Dried Chilli Flakes



Peas



Garlic, Ginger & Lemongrass Paste

Pantry Items: Water, Oil, Salt, Pepper



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## 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

Sieve, zester

## Ingredients

	2P	4P
Beef Mince	240 g	480 g
Bell Pepper	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
Sweet Chilli Sauce	1 sachet	1 sachet
Dried Chilli Flakes	1 sachet	2 sachets
Peas	120 g	240 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	425 g	100 g
Energy (kJ/kcal)	2970.6 kJ/ 710 kcal	699 kJ/ 167.1 kcal
Fat (g)	22.8 g	5.4 g
Sat. Fat (g)	8.3 g	2 g
Carbohydrate (g)	86.2 g	20.3 g
Sugars (g)	23.7 g	5.6 g
Protein (g)	41 g	9.6 g
Salt (g)	3.7 g	0.9 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

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



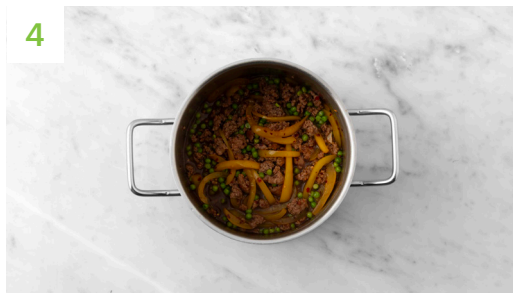
You can recycle me!



### Cook the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- Once boiling add the **noodles** to the **water** and cook until softened, 4-6 mins.
- Once cooked, drain in a sieve then return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

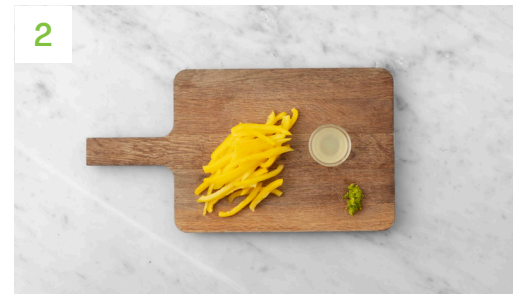
**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Simmer the Sauce

- Add the **stock** to the **beef** along with 50ml **water** (double for 4p) and the **lime** juice.
- Stir in the **peas**, **chilli flakes** (use less if you don't like spice), **ketjap manis** and **sweet chilli sauce**.
- Simmer everything together for 1-2 mins.
- Once cooked, remove the **mince** from the heat. **IMPORTANT:** Mince is cooked when no longer pink in the middle.

**TIP:** *You can leave out the chilli flakes if cooking for kids. It will still taste delicious without!*



### Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Zest and juice the **lime**.



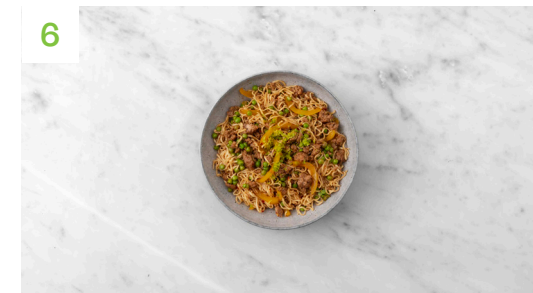
### Finishing Touches

- Add the drained **noodles** to the pot.
- Mix well to coat in the sauce and warm through.
- Season to taste with **salt** and **pepper**.



### Fry the Beef

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef mince**, **bell pepper** and **lemongrass paste** until the **beef** is browned, 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Season with **salt** and **pepper**. Use a spoon to break the **mince** up as it cooks.
- Add the **Thai spice** and cook until fragrant, 1 min.



### Garnish and Serve

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

**Enjoy!**