



Asian-inspired Beef Stir-fry with bell peppers and green beans

Classic Quick Cook 20-25 mins

3



Beef Mince



Onion



Bell Pepper



Ginger



Coriander



Udon Noodles



Thai Style Spice Mix



Green Beans



Lime



Ketjap Manis



Chicken Stock



Pantry Items: Water, Oil, Salt, Pepper

Before you start

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

Cooking tools you will need

Zester, Grater, Colander

Ingredients

| | 2P | 4P |
|----------------------|----------|-----------|
| Beef Mince | 250 g | 500 g |
| Onion | 1 unit | 2 units |
| Bell Pepper | 1 unit | 2 units |
| Ginger | 1 unit | 2 units |
| Coriander | 10 g | 20 g |
| Udon Noodles | 2 packs | 4 packs |
| Thai Style Spice Mix | 1 sachet | 2 sachets |
| Green Beans | 150 g | 300 g |
| Lime | ½ unit | 1 unit |
| Ketjap Manis | 1 sachet | 2 sachets |
| Chicken Stock | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 545.5 g | 100 g |
| Energy (kJ/kcal) | 2501.9 kJ/ 598 kcal | 458.7 kJ/ 109.6 kcal |
| Fat (g) | 20.4 g | 3.7 g |
| Sat. Fat (g) | 8.7 g | 1.6 g |
| Carbohydrate (g) | 67.9 g | 12.5 g |
| Sugars (g) | 15.7 g | 2.9 g |
| Protein (g) | 35.2 g | 6.4 g |
| Salt (g) | 2.3 g | 0.4 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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.



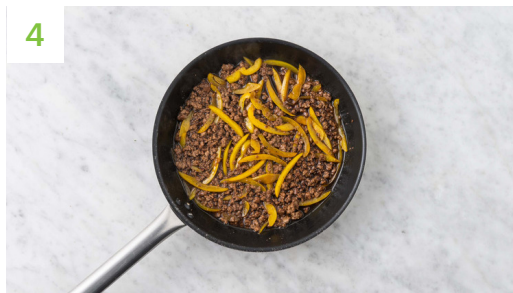
You can recycle me!



Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together.

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



Add the Veg

- When the **mince** is browned, lower the heat then add the **onion** and **pepper**. Cook until softened, 6-8 mins, stirring occasionally.
- Next add the **ginger**, **Thai style spice mix** and the **chicken stock**.
- Add 100ml **water** (double for 4p) and stir in the **green beans**.
- Simmer until the liquid has reduced by half and the **green beans** are tender, 4-5 mins.



Get Prepped

- Halve, peel and thinly slice the **onion**.
- Halve the **bell pepper**, remove the core and seeds and thinly slice.
- Trim the **green beans**.
- Peel and finely grate the **ginger**.
- Roughly chop the **coriander** (stalks and all).



Finish It Off

- While everything cooks, zest half the **lime** (double for 4p).
- When the **beef** is ready stir through the **ketjap manis**, the juice of half the **lime** (double for 4p), half the zest and half the **coriander**.
- Remove from the heat, taste and add **salt** and **pepper** if you like.



Fry the Mince

- Heat a pan on medium-high heat (no oil).
- Once the pan is 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. The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



Plate and Serve

- Share the **noodles** between your bowls and serve the **beef** on top.
- Finish with a sprinkle of the remaining **coriander** and **lime** zest.

Enjoy!