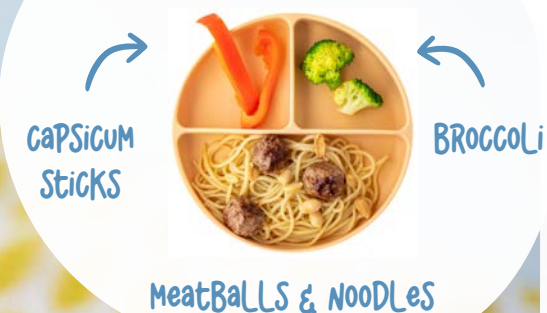


for the
little ones

hoiSin Beef Noodles



25 Minutes



2 Servings



Beef

Beef mince and noodles tossed in a hoisin stir-fry sauce and served with a side of broccoli and capsicum.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	34g	84g

FROM YOUR BOX

BROCCOLI	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GARLIC CLOVE	1
HOISIN SAUCE	50ml
RAMEN NOODLES	1 packet
BEEF MINCE	300g
PEANUTS	60g

FROM YOUR PANTRY

oil for cooking, cornflour, soy sauce

COOKING TOOLS

saucepan, large frypan

Make meatballs and serve on top over noodles stir-fry.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.



1. PREPARE the Vegetables

Bring a large saucepan of **water** to a boil.

Cut **broccoli** into florets, slice **spring onions** and **capsicum**. Keep separate.



2. Make the Sauce

Whisk to combine crushed **garlic** with **hoisin sauce**, **1/3 cup water**, **1 tsp cornflour** and **2 tsp soy sauce**.



3. BLANCH the BROCCOLI

Add the **broccoli** into the **boiling water** and blanch for 3-4 minutes. Remove to a serving bowl using a slotted spoon, reserve **boiling water**.

tip You can add the broccoli into the stir-fry instead if you like.



4. COOK the NOODLES

Add **2/3 packet of noodles** to the **boiling water** and cook according to the packet instructions. Drain and rinse in cold water.

tip If using all the noodles, you may need to increase the sauce accordingly.



5. COOK Beef & ADD Sauce

Heat a large frypan with **oil** over medium-high heat. Add **beef mince** and cook for 5-6 minutes. Stir in **spring onions** and **sauce**, cook for further 2 minutes or until thickened. Toss in **noodles**.



6. FINISH AND SERVE

Serve **hoisin beef noodles** at the table with a side of **broccoli** and **capsicum**. Chop and scatter with **peanuts** to taste.