



FOR THE  
LITTLE ONES



# teriyaki Noodles

Beef mince cooked in teriyaki sauce and served over chewy udon noodles with crunchy vegetables.

20 Minutes

2 Servings

Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	23g	79g

## FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	1 bunch
TERIYAKI SAUCE	125ml
CARROT	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
UDON NOODLES	2 packets
SESAME SEEDS	1 packet

## FROM YOUR PANTRY

oil for cooking

## COOKING TOOLS

large frypan, kettle

### Switch it up!

Make meatballs and cook them in the teriyaki sauce to serve over the noodles! Stir-fry carrot, spring onion and capsicum for a warm side.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** - udon noodles are replaced with rice noodles. Cook for 18 minutes or until al dente.



### 1. COOK the Beef

Heat a large frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 5 minutes, use a spatula to break up any lumps in the **mince**.



### 2. ADD the SPRING ONIONS

Slice and add **spring onions** to pan. Reserve some **green tops** for garnish (optional). Cook for a further 3-4 minutes or until softened.



### 3. STIR in the Sauce

Stir in **teriyaki sauce** and cook for a further 2 minutes. Take off heat.

**tip** Use sauce to taste, or serve on the side if preferred.



### 4. PREPARE the VEGGIES

Julienne or grate **carrot**, slice **capsicum** and **cucumber**.



### 5. COOK the NOODLES

Boil the kettle. Add **noodles** to a large bowl. Cover with **hot water**. Soak for 1 minute then drain.

**tip** Toss noodles with beef and sauce before serving if you prefer!



### 6. FINISH AND SERVE

Serve **noodles** topped with **teriyaki beef** and **crunchy vegetables**. Garnish with **sesame seeds** and **spring onion green tops** to taste.