

for the
little onesMeatBALLS &
NOODLES

teRiyaki NOODLES

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



20 Minutes



2 Servings



Beef

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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 according to packet instructions or until cooked 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.