

for the
little onesMeatBALLS &
NOODLES

teRiyaki NOODLES

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



20 Minutes



4 Servings



Beef

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FROM YOUR BOX

BEEF MINCE	600g
SPRING ONIONS	1 bunch
TERIYAKI SAUCE	250ml
CARROTS	2
RED CAPSICUM	1
LEBANESE CUCUMBER	1
UDON NOODLES	3 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, using 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 further a 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 **carrots**, 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.