



FOR the
Little ONES



MeatBALLS &
NOODLES



teRiyaki NOODLES

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



20 MiNutes



4/6 SeRVINGS



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	23g	66g/74g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	600g	600g + 300g
SPRING ONIONS	1 bunch	2 bunches
TERIYAKI SAUCE	250ml	250ml + 125ml
CARROTS	2	3
RED CAPSICUM	1	2
LEBANESE CUCUMBER	1	2
UDON NOODLES	3 packets	5 packets
SESAME SEEDS	1 packet	2 packets

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.

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, 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

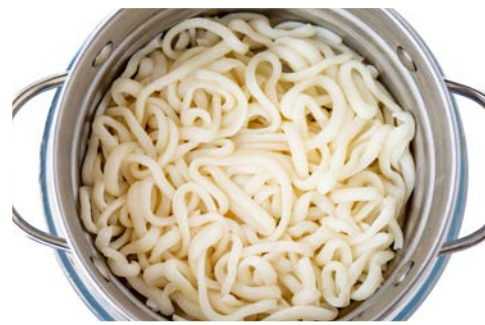
Stir in **teriyaki sauce** and cook for a further 2 minutes. Take off heat.

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.