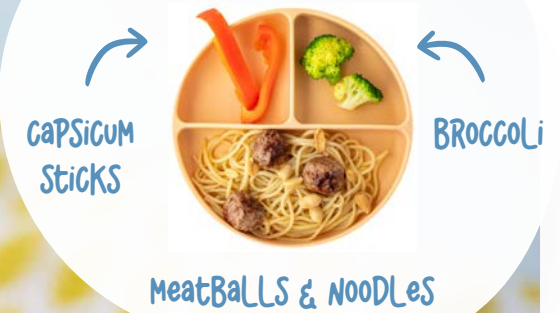




for the
little ones



hoiSin Beef NOODLES

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



25 Minutes



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g/45g	30g/35g	67g/83g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROCCOLI	1	2
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
GARLIC CLOVE	2	3
HOISIN SAUCE	2 x 50ml	3 x 50ml
RAMEN NOODLES	1 packet	2 packets
BEEF MINCE	600g	600g + 300g
PEANUTS	60g	2 x 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 the boil.

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



2. Make the Sauce

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

6P - whisk to combine crushed garlic with hoisin sauce, 3/4 cup water, 1 tbsp cornflour and 2 tbsp 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 the **noodles** to the **boiling water** and cook according to the packet instructions. Drain and rinse in cold water.



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.