



Product Spotlight: Peanuts


Although peanuts have “nuts” in their name, they are legumes. Like peas and beans, they are edible seeds enclosed in a pod.



Hoisin Beef Meatballs with Noodle Stir-Fry

Saucy ginger stir-fry noodles with glazed beef meatballs and crunchy rainbow vegetables. Finished with chopped roasted peanuts.

 30 minutes

 2 servings

 Beef

Take a shortcut!

You don't have to make the meatballs if you're short on time. This dish is just as yummy if you stir-fry the beef mince with the onion. Toss it all together with the vegetables, noodles and sauce as per instructions!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	37g	62g

FROM YOUR BOX

WHEAT NOODLES	1 packet
GINGER	1 piece
HOISIN SAUCE	50ml
CARROT	1
RED CAPSICUM	1
SNOW PEAS	150g
BEEF MINCE	300g
BROWN ONION	1
ROASTED PEANUTS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, sweet chilli sauce, cornflour

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

No gluten option – wheat noodles are replaced with rice noodles. Cook according to packet instructions or until al dente.



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1. COOK THE NOODLES

Bring a saucepan of **water** to a boil. Add **2/3 packet noodles** to **boiling water** and cook according to packet instructions or until al dente. Drain and rinse under cold water.



2. PREPARE THE SAUCE

Peel and grate **ginger**. Whisk together with **hoisin sauce**, **1/2 tbsp cornflour**, **1/2 tbsp sweet chilli sauce** and **1/2 cup water**. Set aside.

Julienne or ribbon **carrot**. Slice **capsicum** and **snow peas**.



3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil** (see notes). Combine **beef** with **1/2 tbsp sweet chilli sauce**, **salt** and **pepper**. Roll into tablespoon-sized meatballs, adding to pan as you go. Slice and add **onion**. Cook for 10 minutes, turning **meatballs** as you go.



4. COOK THE VEGETABLES

Add **veggies** to pan and cook for 2 minutes until softened.



5. TOSS THE STIR-FRY

Pour in **prepared sauce** and simmer for 2 minutes until thickened. Toss in **noodles** until well coated.



6. FINISH AND SERVE

Divide **meatballs** and **noodles** among shallow bowls. Chop **peanuts** and scatter over **noodles** to garnish.

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