



SWEET AND SOUR BEEF

with Egg Noodles



HELLO MANGETOUT

Mangetout translates as 'eat everything' and is also known as a snow pea.



Red Onion



Red Pepper



Garlic Clove



Beef Steak Strips



Egg Noodles



Mangetout



Sweet & Sour Paste



Sweet & Sour Garnish



White Sesame Seeds

MEAL BAG

Hands on: **20** mins
Total: **30** mins

... of your
5 a day

Family Box



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Large Frying Pan**, some **Kitchen Paper**, a **Colander** and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME!

Put a large saucepan of water on to boil for the noodles. Halve, peel and thinly slice the **red onion**. Halve the **pepper**, and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).



2 BROWN THE STEAK

Heat a splash of **oil** in a large frying pan or wok over high heat. When the **oil** is very hot, add **half** the **steak strips**. Stir-fry until nicely browned but not cooked through, 2-3 mins. Transfer to a plate and then repeat with the remaining **strips**. Keep to one side we will add them back in later. Wipe the pan clean when it has cooled down.



3 COOK THE NOODLES

When the **water** in the saucepan is boiling, add the **noodles**. Stir and lower the heat to medium. Cook for 4 mins then drain into a colander. Cool under cold running water to stop them sticking together.



4 STIR FRY!

Return the frying pan or wok to high heat and add a splash of **oil**. Add all the **veggies** and stir-fry until the **mangetout** is tender, 6-7 mins. **★ TIP:** Add a splash of water halfway through to help the veggies cook.



5 ADD THE SAUCE

Once the **veggies** are soft, lower the heat to medium and add the **garlic**. Cook for 1 minute then return the **steak strips** and any **juices** to the pan. Stir in the **sweet and sour paste** and **garnish** along with the **water** (see ingredients for amount). Bring to a bubble and stir through the **noodles**. Stir and heat until everything is piping. Get ready to serve.



6 SERVE

Share the **noodles** and **sweet and sour beef** between your bowls. **➕ TWIST IT UP:** Sprinkle on some **sesame seeds** for those that like them. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	½	¾	1
Red Pepper	1	2	2
Garlic Clove	½	1	1
Beef Steak Strips	280g	420g	420g
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Mangetout	1 pack	1 pack	2 packs
Sweet & Sour Paste 14)	1 pot	1½ pots	2 pots
Sweet & Sour Garnish	½ pot	1 pot	1 pot
Water*	75ml	100ml	150ml
White Sesame Seeds 3)	½ sachet	1 sachet	1 sachet

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 458G	PER 100G
Energy (kcal)	612	134
(kJ)	2561	560
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	77	17
Sugars (g)	27	6
Protein (g)	35	8
Salt (g)	1.93	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 8) Egg 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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