



# THAI COCONUT BEEF & LIME NOODLES

with Crispy Shallots & Mint



Add fragrant kaffir lime for a traditional Thai flavour



Carrot



Broccoli



Red Capsicum



Kaffir Lime Leaves



Lime



Mint



Udon Noodles



Beef Mince



Mild Thai Red Curry Paste



Coconut Cream

Hands-on: 25 mins  
Ready in: 30 mins

The star of this sumptuous noodle number is our Thai red curry paste, which has a mild flavour the whole family will love. A perfect balance of easy and tasty, we reckon you'll be losing the Thai takeaway's number once you've tried it.

**Pantry Staples:** Olive Oil, Soy Sauce

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Roughly chop the **red capsicum**. Remove the centre veins from the **kaffir lime leaves**, then very finely chop. Cut the **lime** into wedges. Pick and thinly slice the **mint** leaves.



## 2 BOIL THE NOODLES & BROCCOLI

Add the **udon noodles** to the saucepan of boiling water and cook until nearly tender, **5 minutes**. Add the **broccoli** and cook until just tender, **3 minutes**. Drain and refresh under cold water.



## 3 COOK THE BEEF & VEGGIES

In a large frying pan, heat a **small drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **carrot** and **capsicum** and cook, tossing, until softened, **4-5 minutes**.



## 4 MAKE THE SAUCE

Add the **kaffir lime** and **mild Thai red curry paste** to the frying pan and cook until fragrant, **1 minute**. Add the **coconut cream** and **soy sauce** and stir to combine. Simmer until thickened slightly, **2 minutes**.



## 5 BRING EVERYTHING TOGETHER

Add the drained **noodles** and **broccoli** to the frying pan and toss to coat. Cook until warmed through, **2 minutes**.



## 6 SERVE UP

Divide the Thai beef noodles between bowls and garnish with the mint. Squeeze over the juice from the lime wedges.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
broccoli	1
red capsicum	1
kaffir lime leaves	2 leaves
lime	1
mint	1 bunch
udon noodles	1 packet
beef mince	1 packet
mild Thai red curry paste	1 packet (115g)
coconut cream	2 boxes (400ml)
soy sauce*	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (778Cal)	683kJ (163Cal)
Protein (g)	38.9g	8.1g
Fat, total (g)	39.7g	8.3g
- saturated (g)	30.0g	6.3g
Carbohydrate (g)	62.0g	13.0g
- sugars (g)	11.0g	2.3g
Sodium (g)	2950mg	618mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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