



Cashew Beef Stir-Fry and Noodles

with Bell Pepper and Carrot Ribbons

Family Friendly

Preparation time : 20 min.



Egg Noodle



Bell Pepper

Nest



Carrot



Cashew Nuts



British Beef



Garlic Clove

Mince



Chinese Five

Spice



Soy Sauce



Ketjap Manis



Sweet Chilli

Sauce



Rice Vinegar



Water for the

Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/cashew-beef-stir-fry-and-noodles-169>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Large Saucepan, Kettle, Pan, Sieve, Rolling Pin, Peeler

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Egg Noodle Nest (grams)	125	187½	250
Bell Pepper (unit(s))	1	2	2
Carrot (unit(s))	1	2	2
Cashew Nuts (grams)	25	50	50
British Beef Mince (grams)	240	360	480
Garlic Clove (unit(s))	2	3	4
Chinese Five Spice (sachet(s))	1	1	2
Soy Sauce (milliliter(s))	20	30	40
Ketjap Manis (grams)	40	60	80
Sweet Chilli Sauce (grams)	32	48	64
Rice Vinegar (milliliter(s))	15	22½	30
Water for the Sauce (milliliter(s))	50	75	100

Add yourself

Salt, pepper, oil and water according to taste.

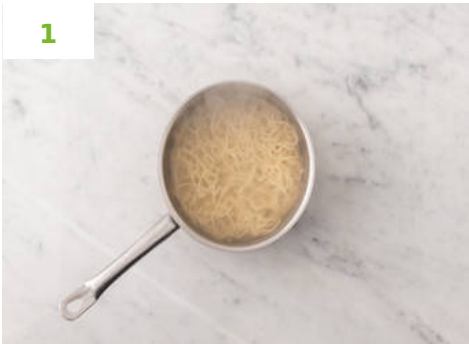
Nutritional values

Per serving	Amount
Energy (kj)	2822 kj
Energy (kcal)	675 kcal
Fat	22.1 g
of which saturates	8.2 g
Carbohydrate	81.3 g
of which sugars	29.6 g
Dietary Fibre	9 g
Protein	39 g
Salt	4.11 g

Allergens

Egg, Wheat, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



Get Started

- a) Boil a full kettle. Pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to a boil.
- b) Add the **noodles** to the **water** and cook until tender, 4 mins.
- c) Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Prep the Veg

- a) Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- b) Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- c) Crush the **cashews** in the unopened sachet using a rolling pin.



Fry Time

- a) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **sliced pepper** and **beef mince**.
- b) Fry until the **mince** has browned and the **pepper** is tender, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**
- c) Meanwhile, peel and grate the **garlic** (or use a garlic press).



Build the Flavour

- a) Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: The mince is cooked when no longer pink in the middle.**
- b) Add the **garlic** and **Chinese Five Spice** to the pan and cook for 1 min.
- c) Add the **carrot ribbons**, **soy sauce**, **ketjap manis**, **sweet chilli sauce**, **rice vinegar** and **water for the sauce** (see pantry for amount). Stir to combine, bring to the boil, then reduce the heat and simmer until thickened, 1-2 mins.



Bring it All Together

- a) When everything's ready, add the **noodles** and **cashews** to the pan. Toss to coat in the **sauce**.
- b) Taste and season with **salt** and **pepper** if needed.
- c) Add a splash of **water** if it's a little too thick.



Serve

- a) Share the **noodles** out between your serving bowls.

Enjoy your meal!