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Fragrant Beef Mince

with Soba Noodles and Vegetables



30-40min



4 Portions

There are three things that we believe kids will never say no to, noodles, mince and colourful veggies, and we've combined all three elements right here, so you'll be sure the kids will finish their plates and the adults will be just as happy, too! Soba noodles are made from a blend of buckwheat and wheat flour, making them lower GI.

What we send

- grass-fed beef mince
- soba noodles ¹
- sauce mix
- mint, ginger, garlic cloves
- lime
- Lebanese cucumber
- carrot
- red capsicum

What you'll require

- vegetable oil

Utensils

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you prefer, serve cucumber on the side.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 590.0kcal, Fat 13.1g, Proteins 43.6g, Carbs 72.7g



1. Cook noodles

Bring a large saucepan of water to the boil for the noodles. Cook the **noodles** for 2-3 mins until tender. Drain well then rinse under hot water to prevent noodles sticking together.



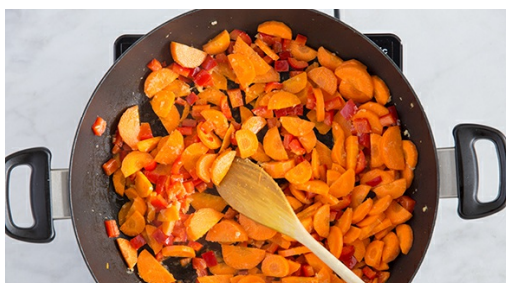
2. Prepare ingredients

Peel and finely grate **ginger**. Finely chop or crush **garlic**. Discard **capsicum** seeds and membrane and dice. Cut **carrots** in half lengthwise then into thin half moon slices. Halve **cucumbers** lengthwise, scrape out seeds with a teaspoon and slice into 5mm-thick semi-circles. Pick **mint** leaves (discard stems) and finely shred reserving some leaves for garnish.



3. Make sauce and salad

Juice the **lime**. Combine the **sauce mix** in a bowl with 1 tbs **lime juice**. Stir to combine. Toss **mint** and **cucumber** with remaining lime juice.



4. Start stir-fry

Heat 1 tbs **oil** in a wok over medium heat. Stir-fry the **ginger, garlic, capsicum** and **carrot** with 2 tbs **water** to help with the cooking process for 2-3 mins until veggies are tender. Remove to a bowl and set aside.



5. Cook beef

Add **beef mince** to the pan and stir-fry for 3-4 mins until beef turns brown. Increase heat and evaporate off any liquid that is in the pan.



6. Get ready to serve

Add **carrot mixture** and **sauce mixture** to the pan and stir-fry for 1-2 mins. Add **noodles** and toss to combine and heat through. Remove from heat. Divide between 4 bowls and scatter over **cucumber and mint salad** and garnish with reserved **mint leaves**.

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from imported
ingredients