




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.

 25 minutes

 4 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** 40g **TOTAL FAT** 15g **CARBOHYDRATES** 93g

FROM YOUR BOX

WHEAT NOODLES	2 packets
GINGER	1 piece
HOISIN SAUCE	100ml
CARROT	1
RED CAPSICUM	1
SNOW PEAS	150g
BEEF MINCE	600g
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 noodles to boiling water and cook according to packet instructions or until al dente. Drain and rinse under cold water.



2. PREPARE THE INGREDIENTS

Peel and grate ginger. Whisk with hoisin sauce, **1 tbsp cornflour**, **1 tbsp sweet chilli sauce** and **1 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 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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