

RECIPE BAG
7008

L 2 people: 30 min
4 people: 40 min

Crispy Chilli Beef And Coriander Noodles

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Ingredients for 2 **[Double for 4 people]**:

- | | |
|--|--|
|  1 shallot |  1 red chilli |
|  3 garlic cloves |  15g fresh root ginger |
|  3 spring onions |  10g coriander |
|  2 fine egg noodle nests
A1, A3 |  1 carrot |
|  40g chilli jam |  15ml toasted sesame oil A11 |
|  30ml soy sauce
A1, A6 |  30ml rice vinegar |
|  250g British beef mince |  5g toasted sesame seeds A11 |

Allergens: **A1:** gluten, **A3:** egg, **A6:** soya, **A11:** sesame

You need: vegetable oil
Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.

Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
616kcal	25g	9g	58g
Sugar	Fibre	Protein	Salt
3g	3g	39g	3g



1 of your 5-a-day



Dairy-free
See our FAQs for details.

1



Instructions for 2 [for 4]

Top, tail, peel and grate the **carrot[s]**

Peel and finely chop (or grate) the **garlic**

Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the **ginger**

Peel and finely chop the **shallot[s]**

Cut the **red chilli[s]** in half lengthways, deseed (scrape the seeds out with a teaspoon) and chop finely

2



Heat a large, wide-based pan (preferably non-stick) with a drizzle of **vegetable oil** over a high heat

Once hot, add the **beef mince** and **chopped shallot** and cook for 4 min until browned, breaking it up with a wooden spoon as you go

3



Trim, then roughly chop the **spring onions**

Chop the **coriander** finely, including the stalks (save a few whole leaves for garnish)

4



Boil a kettle

Once the beef is browned, add the **grated carrot** and cook for a further 3 min or until crisped

5



Meanwhile, add the **fine egg noodles** to a pot and cover with **boiled water** until fully submerged

Bring to the boil over a high heat and cook for 1-2 min or until tender, then drain, reserving a cup of **starchy noodle water**

Once drained, return the noodles to the pot and set aside

6



Once the beef has crisped, add the **chopped garlic, ginger** and **chilli** (can't handle the heat? Go easy!) and cook for 1 min

Add the **chilli jam** and **half of the soy sauce** (you'll use the rest later!) and cook for a further 4 min or until everything is browned and crispy – this is your **crispy chilli beef**

7



Return the pot of **drained noodles** to a medium heat

Add the **chopped spring onion, remaining soy sauce, rice vinegar** and **toasted sesame oil** and stir together until fully combined

Tip: Add a small splash of starchy noodle water if you need to loosen the noodles

Once combined, remove the pan from the heat and add the **chopped coriander** – these are your **coriander noodles**

8



Serve the **crispy chilli beef** over the **coriander noodles**

Garnish with the **toasted sesame seeds** and **reserved coriander leaves**

Enjoy!