

# Thai Coconut Beef Noodles

with Veggies & Lime

Grab your Meal Kit with this symbol



Carrot



Broccoli



Lime



Udon Noodles



Beef Mince



Mild Thai Red Curry Paste



Coconut Milk

 Hands-on: 25-35 mins  
Ready in: 30-40 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 items

Olive Oil, Brown Sugar, Soy Sauce



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
broccoli	1 head	2 heads
lime	½	1
udon noodles	1 packet	2 packets
beef mince	1 small packet	1 medium packet
mild Thai red curry paste	½ sachet	1 sachet
coconut milk	½ tin (165ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3865kJ (923Cal)	505kJ (120Cal)
Protein (g)	51.5g	6.7g
Fat, total (g)	49.1g	6.4g
- saturated (g)	29.6g	3.9g
Carbohydrate (g)	50.5g	6.6g
- sugars (g)	15.6g	2g
Sodium (mg)	1760mg	230mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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. Zest the **lime** to get a good pinch, then cut into wedges.



## Cook the veggies & beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **carrot** and **broccoli** and cook, tossing, until softened, **5-7 minutes**. Transfer to a bowl. Return the pan to a high heat and cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.



## Boil the noodles

While the veggies are cooking, add the **udon noodles** to the boiling water and cook, stirring with a fork to separate the noodles, until tender, **2-3 minutes**. Drain and refresh under cold water.



## Make the sauce

Add the **lime zest** and **mild Thai red curry paste** (see ingredients) to the frying pan and cook until fragrant, **1 minute**. Add the **coconut milk** (see ingredients), **brown sugar** and **soy sauce** and stir to combine. Simmer until thickened slightly, **2 minutes**.



## Bring everything together

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



## Serve up

Divide the Thai coconut beef noodles between bowls. Squeeze over lime juice to serve.

Enjoy!