



COME ON

LET'S
**DO
THIS**

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions
fruit & veg
per serving

2

Spicy beef noodles

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 15 mins | cook 15 mins

Spicy beef noodles

Enjoy rice noodles in broth with lots of vegetables and beans to give it a **healthy boost**, and topped with shredded stir-fried beef. Add an extra healthy boost with courgette noodles – they're easy to make at home with a vegetable peeler!

Ingredients

- 2 tsp pure vegetable oil
- 2 tsp cornflour
- 350g lean beef stirfry strips
- 3 cm fresh ginger root, finely chopped
- 2 cloves garlic, crushed
- 1 onion (90g), thinly sliced
- 160g tinned sweetcorn in water
- Pinch chilli flakes
- 1 low salt beef stock cube and 500 ml water
- 1 x 400g tin cannellini beans
- 300g pack cooked rice noodles.

Healthy boost ingredients

- 250g pack or home-made courgette spaghetti
- 160g frozen peas.

Method

1. Heat the oil in a wok or large saucepan. Toss the beef in the cornflour and add to the pan, stir for 4–5 minutes, add the ginger and garlic and stir for another minute. Remove from the wok and set aside
2. Put the wok back on the heat, add the onion and stir for 2 minutes. Then add the peas, sweetcorn, chilli, stock and beans, stir and bring to boiling point then cover with a lid and cook for a further 2 minutes
3. Now add the courgette and noodles and stir, then cover and cook for 2 minutes until hot, stirring occasionally
4. Divide the vegetable/noodles between 4 bowls and top with the beef strips.

Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
374	9.1g	3g	5.3g	0.2g
19%	13%	15%	6%	3%

%= an adult's reference intake



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