

# Scottish Wagyu

## Stir Fry Noodles



Indulge in a Scottish Wagyu stir fry noodle dish, with fresh crunchy veg, this dish is a quick to make and ideal dish for making your midweek lunch or supper a winner.

KEZIE

### BEFORE YOU START -

1. Wash your hands and all surfaces before cooking
2. Make sure all your veggies are washed
3. Lets get cooking ...

KEZIE

MEAL BAG 1

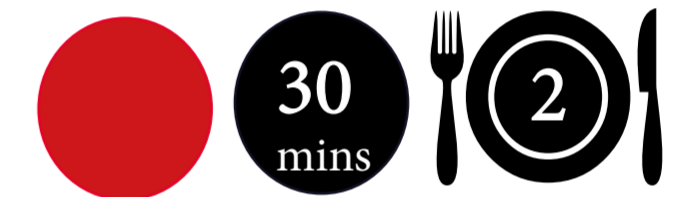
#### INGREDIENTS



#### UTENSILS



#### ALLERGENS



#### 1. PREP

Boil the kettle for the Noodles. Meanwhile, trim the **Green Beans** & chop into thirds. Half the **Pepper** & discard the core, thinly slice into strips. Roughly chop the **Coriander**. **Zest & quarter the Lime**.



#### 2. COOK MINCE

Heat a splash of oil in the frying pan/wok over a medium heat. Add the Scottish Wagyu Mince, and stir-fry until brown 6-8 mins. Once cooked transfer into a small bowl and keep warm until later.



#### 3. COOK NOODLES

Now, pop the boiled water from the kettle into a pan, place on a high heat, bring back to the boil and gently add the noodles, cook for 4 mins. Once cooked, drain and run under warm hot to avoid them sticking.



#### 4. STIR-FRY THE VEG

Heat a splash of oil into frying pan/wok, once hot add the peppers, green beans and splash of water. Stir-fry for 4-5 mins. Then stir in the Ginger & Garlic and cook for a further, once cooked add the Soy Sauce.



#### 5. COMBINE

Add the **Scottish Wagyu Mince** to the stir-fry, along with the **Noodles**, mix all together and cook for a further 2 mins until piping hot. Finally take off the heat & add the lime zest, juice & half the coriander.



#### 6. TIME TO EAT

It's ready...Divide into two dishes and sprinkle the remaining **coriander** & a quarter of the **Lime** into each bowl.

ENJOY!