



Five-spice beef & sugar snap noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g beef lean minced
- ☐ 3 medium nests egg noodles
- ☐ 1 piece thumb-sized ginger finely grated
- ☐ 3 garlic cloves finely grated
- ☐ 1 tsp five-spice powder
- ☐ 0.3 tsp chilli powder
- ☐ 225 g sugar snap peas
- ☐ 400 ml beef stock

- ☐ 3 tbsp soya sauce light to taste
- ☐ 4 servings sesame oil

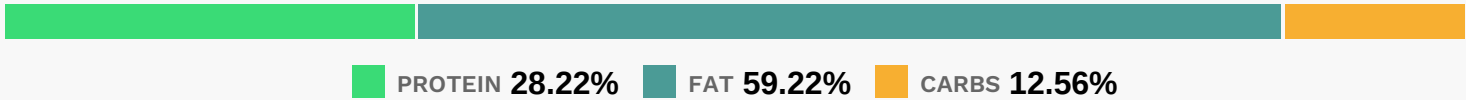
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ tongs

Directions

- ☐ Heat a large non-stick frying pan or wok, then fry the beef for 10 mins until very well browned. Dont add any oil. Meanwhile, boil the noodles following pack instructions, then drain.
- ☐ Add the ginger, garlic, five-spice, chilli powder and mangetout to the browned mince, then fry for a few mins more until fragrant and the pods are bright green. Splash in the stock, add the noodles, then season with the soy sauce. Pile into bowls (use tongs, its easier), sprinkling with the sesame oil and red chilli if using.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:14.865652112857%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 265.78kcal (13.29%), Fat: 17.58g (27.05%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.11g (3.45%), Cholesterol: 39.38mg (13.13%), Sodium: 1002.16mg (43.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.71%), Vitamin C: 34.75mg (42.12%), Vitamin B3: 5.28mg (26.42%), Zinc: 3.67mg (24.47%), Vitamin B12: 1.4µg (23.37%), Vitamin B6: 0.46mg (23.01%), Phosphorus: 213.31mg (21.33%), Iron: 3.71mg (20.64%), Selenium: 13.6µg (19.43%), Potassium: 580.85mg (16.6%),

Vitamin K: 16.48µg (15.69%), Vitamin B2: 0.27mg (15.69%), Manganese: 0.28mg (14.24%), Vitamin A: 665.25IU (13.3%), Magnesium: 43.45mg (10.86%), Vitamin B1: 0.16mg (10.77%), Copper: 0.19mg (9.26%), Vitamin B5: 0.91mg (9.07%), Folate: 31.83µg (7.96%), Fiber: 1.88g (7.53%), Calcium: 52.26mg (5.23%), Vitamin E: 0.67mg (4.49%)