

Cook Along Sticky Beef & Noodles

ingredients

750g beef mince
3 peppers, chopped
green beans, sliced top and bottom
200g teriyaki sauce
2x275g packets of fresh egg noodles
1 tbsp light soy sauce

method

1. Remove the crisper plate and set it to 190C. Add the beef and break it up as much as I can. Cook for 8 minutes
2. Add your green beans and peppers to the air fryer, along with the teriyaki sauce and stir well. Cook for a further 10-12 minutes or until the vegetables are cooked through
3. Add your noodles to the fryer, along with the soy sauce and stir well. Cook for a final 3-4 minutes
4. Serve the beef and noodles.



Screenshot and keep the recipe

Live Cooking, Real Community

For more info & recipes

