

Ground Beef & Snap Pea Rice Noodle Stir-Fry

2 Servings

Ingredients

Noodles

- 120 g dry flat rice noodles (Vietnamese pho-style preferred)

Stir-Fry Sauce

- 1½ T fish sauce
- 1 T low-sodium soy sauce
- 2 tsp brown sugar
- 1 tsp honey
- 1 T fresh lime juice
- 1 tsp rice vinegar
- 1 tsp grated ginger
- 1 small garlic clove, grated
- ½ tsp chili flakes (adjust to heat preference)

Stir-Fry

- 1 tsp canola oil
- 350 g ground beef
- 150 g snap peas
- 120 g carrots, matchstick cut
- 45 g scallions, sliced
- 20 g roasted peanuts, chopped
- Lime wedges for serving

Optional Enhancements

- 1 egg (scrambled into noodles at finish)
- Thai basil leaves (handful)
- 1 tsp sesame oil added at finish
- 50 g bean sprouts for added crunch

Instructions

1. Soak **rice noodles** in hot water until just flexible. Drain well.
2. Whisk together **all Stir-Fry Sauce ingredients** and set aside.
3. Heat **canola oil** in large pan over **medium-high heat**.
4. Add **ground beef** and cook, breaking apart, until browned.
5. Add **carrots** and **snap peas**; stir-fry **2–3 minutes** until crisp-tender.
6. Add scallions and cook **30 seconds**.
7. Add drained **noodles** and **sauce**. Toss gently to coat.
8. Add **2–3 T water** if needed to loosen and cook until noodles absorb sauce.
9. If using egg, push noodles aside, scramble **egg** briefly, then fold through.



10. Finish with **sesame oil** (if using), **Thai basil**, and chopped **peanuts**.
11. Serve with fresh **lime wedges**.

Nutrition

Per Serving: Kcal: 690 | Protein: 46 g | Fat: 32 g | Sat. Fat: 11 g | Carbs: 58 g |
Sugars: 11 g | Fiber: 4 g | Sodium: 950 mg | Omega-3: 0.3 g

Total Dish: Kcal: 1,380 | Protein: 92 g | Fat: 64 g | Sat. Fat: 22 g | Carbs: 116 g |
Sugars: 22 g | Fiber: 8 g | Sodium: 1,900 mg | Omega-3: 0.6 g