



# One-Pot Asian Beef & Udon Noodle Soup

with Charred Corn & Parsley

WINTER WARMERS

Grab your Meal Kit with this symbol



Sweetcorn



Carrot



Celery



Beef Strips



Sweet Soy Seasoning



Udon Noodles



Sriracha



Parsley



Chicken Breast Strips

Prep in: 15-25 mins  
Ready in: 25-35 mins

Eat Me Early\*  
*\*Custom Recipe only*

Calorie Smart

Warm up with the flavours of a sweet and soy beef udon soup. The broth is rich and inviting so dive your spoon in and scoop out as much udon noodles and tasty beef as you can. This soup is just the thing you need on a winter night.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin	1 tin
carrot	1	2
celery	1 stalk	2 stalks
beef strips	1 packet	1 packet (or 2 packets)
sweet soy seasoning	1 sachet	2 sachets
<b>water*</b>	2½ cups	5 cups
udon noodles	1 packet	2 packets
sriracha	1 packet (20g)	1 packet (40g)
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	2 tbs	¼ cup
parsley	1 bag	1 bag
chicken breast strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2186kJ (522Cal)	473kJ (113Cal)
Protein (g)	41.8g	9.1g
Fat, total (g)	12.4g	2.7g
- saturated (g)	4.4g	1g
Carbohydrate (g)	54.9g	11.9g
- sugars (g)	15.1g	3.3g
Sodium (mg)	2256mg	489mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2137kJ (511Cal)	430kJ (103Cal)
Protein (g)	45.6g	9.2g
Fat, total (g)	9.4g	1.9g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	54.9g	11.1g
- sugars (g)	15.1g	3g
Sodium (mg)	2288mg	461mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW29



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## Get prepped

- Drain the **sweetcorn**.
- Thinly slice **carrot** into half-moons. Thinly slice **celery**.

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## Make the soup

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot, celery** and **corn** until tender, **4-5 minutes**.
- Add **sweet soy seasoning** and the **water**, then bring to the boil.
- Add **udon noodles** and cook, stirring, until tender, **3-4 minutes**.
- Add **sriracha**, the **brown sugar, soy sauce** and **beef strips** and cook, until heated through, **1-2 minutes**.

**Custom Recipe:** Add chicken with the sriracha, brown sugar and soy sauce. Cook until heated through, 1-2 minutes.

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## Cook the beef

- Discard any liquid from **beef strips** packaging.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.

**Custom Recipe:** If you've swapped to chicken breast strips, cut chicken into 2cm chunks. In a large saucepan, heat a drizzle of olive oil over medium-high heat. Cook chicken, tossing, until browned and cooked through, 5-6 minutes. Transfer to a plate.

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## Serve up

- Divide one-pot Asian beef and udon noodle soup between bowls.
- Tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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