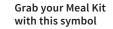


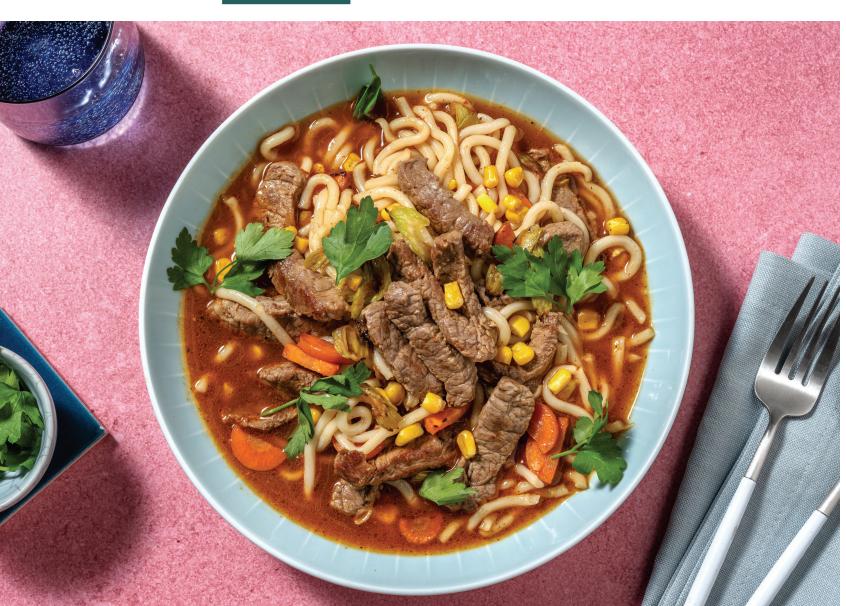
One-Pot Asian Beef & Udon Noodle Soup

with Charred Corn & Parsley

WINTER WARMERS













Celery

Beef Strips



Seasoning







Sriracha



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

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.





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

9			
	2 People	4 People	
olive oil*	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	
water*	2½ cups	5 cups	
udon noodles	1 packet	2 packets	
sriracha	1 packet (20g)	1 packet (40g)	
brown sugar*	1 tsp	2 tsp	
soy sauce*	2 tbs	⅓ 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns

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Get prepped

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



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.



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.



Serve up

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

Rate your recipe