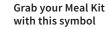


Char Siu Beef Noodle Stir-Fry

with Veggies & Coriander

KID FRIENDLY















Oyster Sauce

Paste





Udon Noodles



Sweet Soy



Seasoning

Shredded Cabbage



Ginger Paste



Coriander





Prep in: 15-25 mins Ready in: 15-25 mins Time to get saucy tonight with a stir-fry. Not only is this beef udon bowl chock-full of colour, flavour and texture, it comes together in four simple steps, so you'll be slurping away in no time.

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Medium saucepan · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
2 cloves	4 cloves
1	2
½ packet (37.5g)	1 packet (75g)
1 medium packet	1 large packet
1 tbs	2 tbs
drizzle	drizzle
1 packet	2 packets
1 small packet	2 small packets OR 1 large packet
1 sachet	2 sachets
1 bag (150g)	1 bag (300g)
1 medium packet	1 large packet
1 bag	1 bag
1 small packet	2 small packets OR 1 large packet
	refer to method 2 cloves 1 ½ packet (37.5g) 1 medium packet 1 tbs drizzle 1 packet 1 small packet 1 sachet 1 bag (150g) 1 medium packet 1 bag

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2904kJ (694Cal)	588kJ (141Cal)
Protein (g)	41.8g	8.5g
Fat, total (g)	21g	4.3g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	75g	15.2g
- sugars (g)	34.2g	6.9g
Sodium (mg)	3636mg	737mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	508kJ (121Cal)
Protein (g)	41.9g	8.5g
Fat, total (g)	11.6g	2.4g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	75g	15.2g
- sugars (g)	34.2g	6.9g
Sodium (mg)	3634mg	736mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW47





Get prepped

- Boil the kettle. Finely chop garlic. Thinly slice carrot into rounds.
- In a small bowl, combine char siu paste (see ingredients), oyster sauce, the soy sauce, vinegar and a dash of water. Set aside.

Little cooks: Take charge by combining the sauces!



Bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook beef mince, breaking up with a spoon, until just browned,
 3-4 minutes. Drain away excess liquid from the pan.
- Add sweet soy seasoning, shredded cabbage mix, carrot, garlic and ginger paste and cook until fragrant, 3-4 minutes.
- Add cooked udon noodles and char siu sauce mixture and cook, tossing, until thickened, 1-2 minutes.

Custom Recipe: If you've upgraded to beef strips, discard any liquid from beef strips packaging. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches, tossing, until beef is browned and cooked through, 1-2 minutes. Return all beef to the pan, then continue with step.



Cook the noodles

- Half-fill a medium saucepan with boiling water. Cook udon noodles over medium-high heat until tender, 3-4 minutes.
- In the last minute of cook time, gently stir noodles with a fork to separate.
 Drain, rinse and set aside.



Serve up

- Divide char siu beef udon noodles between bowls.
- Tear over coriander to serve. Enjoy!

Rate your recipe

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