



Char Siu Beef Noodle Stir-Fry

with Veggies & Coriander

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Char Siu Paste



Oyster Sauce



Udon Noodles



Beef Mince



Sweet Soy Seasoning



Shredded Cabbage Mix



Ginger Paste



Coriander



Beef Strips

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.

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

Pantry items

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
char siu paste	½ packet (37.5g)	1 packet (75g)
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
udon noodles	1 packet	2 packets
beef mince	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ginger paste	1 medium packet	1 large packet
coriander	1 bag	1 bag
beef strips**	1 small packet	2 small packets OR 1 large packet

*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

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1



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!

3



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.

2



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.

4



Serve up

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

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