



Char Siu Beef Noodle Stir-Fry

with Veggies & Herbs

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Char Siu Paste



Teriyaki Sauce



Udon Noodles



Beef Mince



Sweet Soy Seasoning



Slaw Mix



Ginger Paste



Herbs



Beef Strips

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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)
teriyaki sauce	½ medium packet	1 medium packet
soy sauce*	1 tbs	¼ cup
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
slaw mix	1 bag (150g)	1 bag (300g)
ginger paste	1 medium packet	1 large packet
herbs	½ 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)**, **teriyaki sauce (see ingredients)**, the **soy sauce**, **vinegar** and a dash of **water**. Set aside.

Little cooks: Take charge by combining the sauces!

3



Bring it all together

- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning**, **slaw mix**, **carrot**, **garlic** and **ginger paste**. Cook until tender and 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. Heat the frying pan as above with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan. 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 **herbs (see ingredients)** to serve. Enjoy!

Rate your recipe

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