



Golden Coconut Veggie Udon Noodles

with Crushed Peanuts & Coriander

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Baby Broccoli



Carrot



Onion



Udon Noodles



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Crushed Peanuts



Coriander



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart



Plant Based*

*Custom Recipe is not Plant Based

Everything is glittering and golden tonight, with ropes of udon noodles coiled in a coconutty broth. It's brimming with delicious pops of veggies like baby broccoli and carrot. Sprinkle over some peanuts to make this dish shine.

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

Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
onion	½	1
udon noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water*	¼ cup	½ cup
crushed peanuts	1 packet	2 packets
coriander	½ packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2308kJ (552Cal)	395kJ (94Cal)
Protein (g)	21.7g	3.7g
Fat, total (g)	33.1g	5.7g
- saturated (g)	17.5g	3g
Carbohydrate (g)	66.6g	11.4g
- sugars (g)	18.8g	3.2g
Sodium (mg)	1641mg	281mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	494kJ (118Cal)
Protein (g)	50.3g	7.1g
Fat, total (g)	50.8g	7.2g
- saturated (g)	25.4g	3.6g
Carbohydrate (g)	66.6g	9.4g
- sugars (g)	18.8g	2.7g
Sodium (mg)	1693mg	239mg

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

2024 | CW10



Get prepped

- Boil the kettle. Trim **green beans**. Slice **green beans** and **baby broccoli** (see **ingredients**) into thirds. Thinly slice **carrot** into half-moons. Thinly slice **onion** (see **ingredients**).
- 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.



Make the sauce

- Reduce heat to medium, add **katsu paste**, **coconut milk**, the **soy sauce** and **water** and simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then add the **udon noodles** and stir to combine. Season with **pepper**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans**, **baby broccoli**, **carrot** and **onion** until tender, **5-6 minutes**.
- Add **sweet soy seasoning** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've added beef mince, add along with veggies, breaking up with a spoon.



Serve up

- Divide golden coconut veggie udon noodles between bowls.
- Garnish with **crushed peanuts**. Tear over **coriander** (see **ingredients**). Enjoy!

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