



Char Siu Beef Noodle Stir-Fry

with Capsicum & Coriander

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Capsicum



Char Siu Paste



Oyster Sauce



Udon Noodles



Beef Mince



Shredded Cabbage Mix



Ginger Paste



Coriander



Beef Strips

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

Calorie Smart*
*Custom Recipe only

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
capsicum	1	2
char siu paste	½ medium packet	1 medium packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	¼ cup
vinegar* (white wine or rice wine)	drizzle	drizzle
udon noodles	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
coriander	1 packet	1 packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (673Cal)	672kJ (161Cal)
Protein (g)	41.2g	9.8g
Fat, total (g)	20.9g	5g
- saturated (g)	8.7g	2.1g
Carbohydrate (g)	69.9g	16.7g
- sugars (g)	32g	7.6g
Sodium (mg)	3592mg	857mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2414kJ (577Cal)	576kJ (138Cal)
Protein (g)	41.4g	9.9g
Fat, total (g)	11.5g	2.7g
- saturated (g)	4.1g	1g
Carbohydrate (g)	69.9g	16.7g
- sugars (g)	32g	7.6g
Sodium (mg)	3590mg	857mg

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 | CW16



1



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **capsicum**.
- 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

- 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 **shredded cabbage mix**, **capsicum**, **garlic** and **ginger paste** and 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 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, then continue with recipe as above.

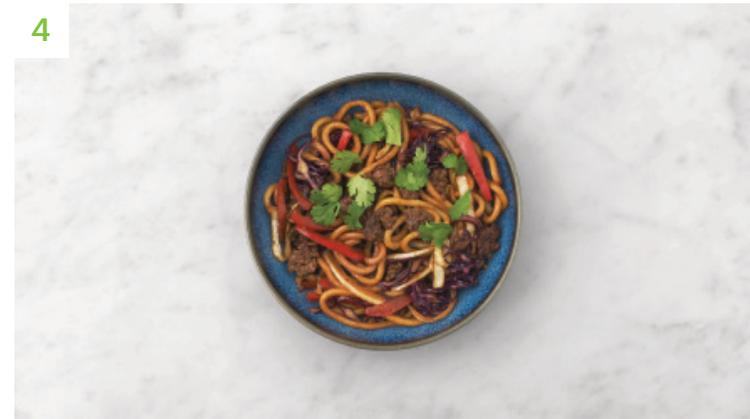
2



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!

Rate your recipe

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