



# Char Siu Beef Noodle Stir-Fry

with Mixed Veggies & Spring Onion

NEW

KID FRIENDLY

Grab your meal kit with this number

26



Egg Noodles



Spring Onion



Carrot



Courgette



Char Siu Paste



Beef Mince



Sweet Soy Seasoning



Baby Leaves



Beef Mince



Pork Mince

Prep in: 10-20 mins  
Ready in: 20-30 mins

Protein Rich

Fire up your taste buds with this sweet and savoury stir-fry! Beef mince is flavoured with sweet soy seasoning, and tossed together with tender veggies and golden egg noodles in a char siu sauce. You'll be slurping up every last bit.

### Pantry items

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 packet	2 packets
spring onion	1 stem	2 stems
carrot	1	2
courgette	1	2
char siu paste	1 medium packet	1 large packet
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
<b>water*</b>	½ cup	¾ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 sachets	4 sachets
baby leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	669kJ (159Cal)
Protein (g)	37.8g	8.5g
Fat, total (g)	23.5g	5.3g
- saturated (g)	8.7g	2g
Carbohydrate (g)	82.7g	18.7g
- sugars (g)	27.2g	6.1g
Sodium (mg)	2097mg	474mg
Dietary Fibre (g)	10.5g	2.4g

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](https://www.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 | CW35



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## Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

**Little cooks:** Older kids, help add the noodles to the saucepan under adult supervision. Be careful, the water is boiling!

3



## Make the noodle stir-fry

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning** and cook, until fragrant, **1 minute**.
- Add **cooked noodles, veggies, baby leaves** and **char siu mixture**, tossing, until well combined, **1 minute**. Season with **pepper**.

2



## Get prepped & cook the veggies

- Meanwhile, thinly slice **spring onion**.
- Thinly slice **carrot** and **courgette** into half-moons.
- In a small bowl, combine **char siu paste**, the **soy sauce, vinegar** and **water**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **courgette**, until tender, **4-5 minutes**. Transfer to a bowl.

4



## Serve up

- Divide char siu beef noodle stir-fry between bowls.
- Top with spring onion to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

