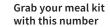


# Golden Coconut Veggie Udon Noodles with Crushed Peanuts & Coriander













Asparagus



Carrot



Onion

Baby Broccoli





**Udon Noodles** 



Katsu Paste



Seasoning

Coconut Milk



**Crushed Peanuts** 



Coriander





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

**Plant Based** 





## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
asparagus	1 bunch	2 bunches	
baby broccoli	½ medium bunch	1 medium bunch	
carrot	1	2	
onion	1/2	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*	1/4 cup	½ cup	
crushed peanuts	1 packet	2 packets	
coriander	1 packet	1 packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534cal)	190kJ (45cal)
Protein (g)	21.4g	1.8g
Fat, total (g)	33.5g	2.9g
- saturated (g)	17.6g	1.5g
Carbohydrate (g)	62.5g	5.3g
- sugars (g)	14.9g	1.3g
Sodium (mg)	1305mg	111.1mg
Dietary Fibre (g)	13.2g	1.1g

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.



# Get prepped

- · Boil the kettle.
- Trim ends of asparagus, then slice asparagus 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 cooked 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 asparagus, baby broccoli, carrot and onion until tender, 5-6 minutes.
- Add sweet soy seasoning and cook, until fragrant, 1 minute.



## Serve up

- Divide golden coconut veggie udon noodles between bowls.
- Sprinkle over **crushed peanuts** and tear over **coriander** to serve. Enjoy!







Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

