













# Golden Coconut Veggie Udon Noodles

with Crushed Peanuts & Coriander

Grab your meal kit with this number

7



-  Asparagus
-  Baby Broccoli
-  Carrot
-  Onion
-  Udon Noodles
-  Sweet Soy Seasoning
-  Katsu Paste
-  Coconut Milk
-  Crushed Peanuts
-  Coriander
-  Beef Mince
-  Pork Mince

### Recipe Update

We've replaced the green beans in this recipe with asparagus due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Calorie Smart

 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.

**Pantry items**  
 Olive Oil, Soy Sauce

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
asparagus	1 bunch	2 bunches
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
<b>soy sauce*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	½ cup
crushed peanuts	1 packet	2 packets
coriander	1 packet	1 packet

\*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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS

#### + ADD BEEF MINCE

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

#### + ADD PORK MINCE

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.

