



# Singaporean Beef & Mushroom Egg Noodles

with Garlic Greens & Chilli

NEW

Grab your meal kit with this number

3



Mushrooms



Green Beans



Asian Greens



Onion



Fresh Chilli (Optional)



Garlic



Egg Noodles



Beef Mince



Sweet Soy Seasoning



Oyster Sauce



Curry Powder



Coriander



Beef Mince



Peeled Prawns

Prep in: 20-30 mins  
Ready in: 35-45 mins

Dive into the bold flavours of Singapore! Tender beef, earthy mushrooms, and slurpy egg noodles come together in a savoury-sweet sauce that packs a punch with every bite. Tossed with vibrant veggies and fragrant spices, it's a quick, easy dish that'll transport your taste buds on a culinary adventure.

### Pantry items

Olive Oil, Soy Sauce, Eggs



## 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 · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
mushrooms	1 medium packet	1 large packet
green beans	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
onion	½	1
fresh chilli  (optional)	½	1
garlic	2 cloves	4 cloves
egg noodles	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
curry powder	1 sachet	2 sachets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>eggs*</b>	2	4
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3225kJ (770Cal)	494kJ (118Cal)
Protein (g)	50.5g	7.7g
Fat, total (g)	29.7g	4.6g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	69.1g	10.6g
- sugars (g)	10.6g	1.6g
Sodium (mg)	2204mg	338mg
Dietary Fibre (g)	15.5g	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 | CW52



## Get prepped

- Boil the kettle.
- Thinly slice **mushrooms**.
- Trim and halve **green beans**.
- Roughly chop **Asian greens**.
- Thinly slice **onion** (see ingredients) into wedges.
- Thinly slice **fresh chilli** (if using).
- Finely chop **garlic**.



## Cook the beef

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, add remaining **garlic** and **sweet soy seasoning** and cook, tossing until fragrant, **1 minute**.
- Add **oyster sauce**, **curry powder**, the **soy sauce** and a splash of **water** and cook, stirring, until slightly thickened, **1 minute**.
- Return **mushrooms** and **onion** to the frying pan, then add **noodles** and toss to combine. Season to taste.



## Cook the egg noodles

- 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.



## Fry the eggs

- Meanwhile, heat a drizzle of **olive oil** in a medium frying pan over medium-high heat.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



## Cook the veggies

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **mushrooms** and **onion**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **Asian greens** until tender, **3-5 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.




## Serve up

- Divide the Singaporean beef and mushroom egg noodle stir-fry between bowls.
- Top with a fried egg and garlic greens.
- Garnish with **fresh chilli** (if using).
- Tear over **coriander** to serve. Enjoy!

### CUSTOM OPTIONS

 **DOUBLE BEEF MINCE**  
Follow method above.

 **SWAP TO PEELED PRAWNS**  
Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

