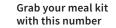


Golden Coconut Veggie Udon Noodles with Crushed Peanuts & Coriander

CLIMATE SUPERSTAR









Green Beans

Baby Broccoli





Carrot

Onion





Udon Noodles







Katsu Paste

Coconut Milk





Crushed Peanuts

Coriander







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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
green beans	½ packet	1 packet	
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	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2142kJ (511Cal)	373kJ (89Cal)
Protein (g)	20g	3.5g
Fat, total (g)	30g	5.2g
- saturated (g)	16.8g	2.9g
Carbohydrate (g)	64.3g	11.2g
- sugars (g)	14.3g	2.5g
Sodium (mg)	1310mg	228mg
Dietary Fibre (g)	14.6g	2.5g

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 and halve green beans (see ingredients).
- Slice 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.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook green beans, baby broccoli, carrot and onion until tender, 5-6 minutes.
- Add sweet soy seasoning and cook, until fragrant, 1 minute.



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.



Serve up

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



until browned, 4-5 minutes.