



Golden Coconut Veggie Udon Noodles

with Crushed Peanuts & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Green Beans



Baby Broccoli



Carrot



Onion



Udon Noodles



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Crushed Peanuts



Coriander



Beef Mince



Pork Mince

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
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	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
soy sauce*	1 tsp	2 tsp
water*	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)	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.



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 **green beans**, **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

2024 | CW52



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.

