



# Mushroom & Veggie Noodles

with Asparagus, Sesame Seeds & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Carrot



Asian Greens



Portabello Mushrooms



Spring Onion



Asparagus



Plant-Based Stir-Fry Sauce



Ginger & Lemongrass Paste



Mixed Sesame Seeds



Udon Noodles



Chilli Flakes (Optional)



Crispy Shallots

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**  
 Spicy (optional chilli flakes)

Calorie Smart  
 Plant Based

Load your bowl with tender udon noodles plus a medley of colourful veggies. With our plant-based stir-fry sauce to bring the whole meal together, this feast will have you throwing away the takeaway menu!

### Pantry items

Olive Oil, Sesame Oil, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 head	2 heads
portabello mushrooms	1 packet	1 packet
spring onion	1 stem	2 stems
asparagus	1	2
sesame oil*	1 tbs	2 tbs
plant-based stir-fry sauce	1 medium packet	1 large packet
ginger & lemongrass paste	1 packet	1 packet
soy sauce*	1 tsp	2 tsp
mixed sesame seeds	1 sachet	1 sachet
udon noodles	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
crispy shallots	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2520kJ (602Cal)	385kJ (92Cal)
Protein (g)	19.3g	2.9g
Fat, total (g)	25.4g	3.9g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	65g	9.9g
- sugars (g)	18.6g	2.8g
Sodium (mg)	1444mg	221mg

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.



## Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **portabello mushrooms** and **spring onion**. Trim the ends of **asparagus** and cut into thirds.
- In a small bowl, combine the **sesame oil, plant-based stir-fry sauce, ginger & lemongrass paste** and **soy sauce**. Set aside.



## Cook the veggies & bring it all together

- Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **3-4 minutes**.
- Add **carrot** and **asparagus** and cook until tender, **4-5 minutes**.
- Add **garlic, spring onion** and **Asian greens** and cook until fragrant, **1-2 minutes**.
- Reduce the heat to medium, then add **stir-fry sauce mixture** and cooked **noodles** and stir to combine, **1 minute**.



## Heat the udon noodles

- Heat a large frying pan over a medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Meanwhile, add **udon noodles** to a medium heatproof bowl. Add enough **boiling water** to cover **noodles**, then set aside until tender, **2-3 minutes**. Stir occasionally with a fork to separate.
- Drain **noodles** and set aside.



## Serve up

- Divide mushroom and veggie noodles between bowls.
- Sprinkle over toasted sesame seeds and a pinch of **chilli flakes** (if using). Garnish with **crispy shallots** to serve.

## Enjoy!