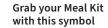


Mushroom & Veggie Noodles with Asparagus, Sesame Seeds & Crispy Shallots













Portabello Mushrooms







Asparagus

Spring Onion



Stir-Fry Sauce



Ginger & Lemongrass Paste



Mixed Sesame



Seeds





Chilli Flakes (Optional)

Crispy Shallots







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

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	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 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.



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.



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.



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!