



Mushroom Noodle Stir-Fry

with Green Beans, Sesame Seeds & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Carrot



Asian Greens



Portabello Mushrooms



Spring Onion



Green Beans



Asian Stir-Fry Sauce



Ginger Paste



Mixed Sesame Seeds



Udon Noodles



Sweet Soy Seasoning



Chilli Flakes (Optional)



Crispy Shallots



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins
Calorie Smart



*Custom Recipe is not Calorie Smart

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Medium saucepan

Ingredients

olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
portabello mushrooms	1 packet	1 packet
spring onion	1 stem	2 stems
green beans	1 bag (100g)	1 bag (200g)
sesame oil*	1 tbs	2 tbs
Asian stir-fry sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 sachet	1 sachet
udon noodles	1 packet	2 packets
sweet soy seasoning	1 sachet (20g)	2 sachets (40g)
chilli flakes (optional)	pinch	pinch
crispy shallots	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2474kJ (591Cal)	439kJ (105Cal)
Protein (g)	16.9g	3g
Fat, total (g)	23.6g	4.2g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	69.9g	12.4g
- sugars (g)	23.8g	4.2g
Sodium (mg)	2273mg	404mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3233kJ (773Cal)	447kJ (107Cal)
Protein (g)	49.4g	6.8g
Fat, total (g)	29.3g	4.1g
- saturated (g)	6.8g	0.9g
Carbohydrate (g)	69.9g	9.7g
- sugars (g)	23.8g	3.3g
Sodium (mg)	2372mg	328mg

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.

We're here to help!

Scan here if you have any questions or concerns



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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 **green beans** and cut into thirds.
- In a small bowl, combine the **sesame oil**, **Asian stir-fry sauce**, **ginger paste**, the **soy sauce** and a splash of **water**. Set aside.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Cook the veggies

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

Custom Recipe: Cook chicken with mushrooms, tossing occasionally, until cooked through, 3-4 minutes.



Toast the seeds & cook the noodles

- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Half-fill a medium saucepan with boiling water. Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse 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!

Rate your recipe

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