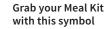


# Mushroom Noodle Stir-Fry

with Green Beans, Sesame Seeds & Crispy Shallots

















Asian Greens

Portabello Mushrooms





Green Beans

**Ginger Paste** 

**Spring Onion** 



Asian Stir-Fry



Sauce



Mixed Sesame Seeds



**Udon Noodles** 





Sweet Soy Seasoning

Crispy Shallots



Chilli Flakes

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

Calorie Smart

\*Custom Recipe is not

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!

**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

#### 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

<sup>\*</sup>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)	<b>447kJ</b> (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

2023 | CW06





## 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate