



Mushroom & Veggie Udon Noodle Stir-Fry

with Asian Greens & Peanuts

Grab your Meal Kit with this symbol



Garlic



Carrot



Asian Greens



Portabello Mushrooms



Asian Stir-Fry Sauce



Ginger Paste



Udon Noodles



Sweet Soy Seasoning



Chilli Flakes (Optional)



Crushed Peanuts



Chicken Breast

Recipe Update

Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **20-30 mins**
Ready in: **25-35 mins**



Plant Based[^]
[^]Custom Recipe is not Plant Based



Calorie Smart^{*}
^{}Custom Recipe is not Calorie Smart*



Eat Me Early^{*}
^{}Custom Recipe only*

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

Wash your hands and any fresh food

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
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
portabello mushrooms	2 packets	2 packets
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 tsp	2 tsp
udon noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
chilli flakes  (optional)	pinch	pinch
crushed peanuts	1 packet	2 packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2323kJ (555Cal)	390kJ (93Cal)
Protein (g)	16.6g	2.8g
Fat, total (g)	20.4g	3.4g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	66.9g	11.2g
- sugars (g)	22.2g	3.7g
Sodium (mg)	2041mg	342mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	408kJ (98Cal)
Protein (g)	49g	6.5g
Fat, total (g)	26g	3.4g
- saturated (g)	6.2g	0.8g
Carbohydrate (g)	66.9g	8.8g
- sugars (g)	22.2g	2.9g
Sodium (mg)	2139mg	283mg

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 | CW19



1



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Thinly slice **portabello mushrooms**.
- 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.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **3-4 minutes**.
- Add **sweet soy seasoning** and cook until fragrant, **1-2 minutes**.
- Add **carrot** and cook until tender, **4-5 minutes**.
- Add **garlic** 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.

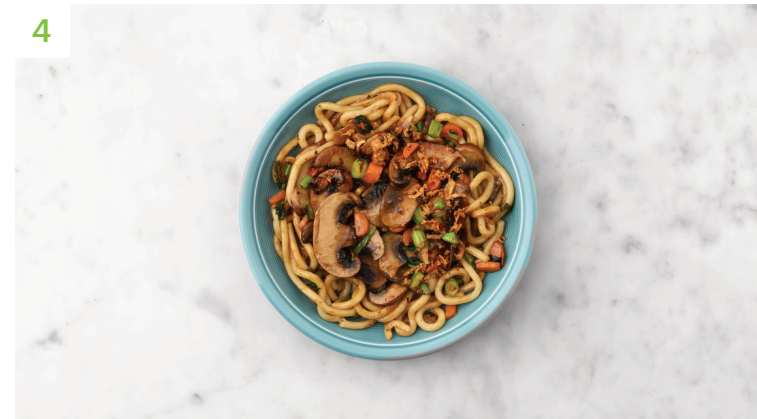
2



Cook the udon noodles

- 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.

4



Serve up

- Divide mushroom and veggie udon noodle stir-fry between bowls.
- Add a pinch of **chilli flakes** (if using).
- Garnish with **crushed peanuts** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate