HELLO FRESH

Quick Char Siu Beef & Pork Noodle Stir-Fry
with Crushed Peanuts

KID FRIENDLY

Carrot

Garlic

Spring Onion

Lemon

Char Siu Paste

Oyster Sauce

Shredded Cabbage Mix

Udon Noodles

Beef & Pork Mince

Ginger Paste

Crushed Peanuts

Beef Strips

Prep in: **15-25** mins
Ready in: **25-35** mins

Time to get saucy tonight. Not only is this beef and pork mince udon bowl chock-full of colour, flavour and texture, it comes together in four simple steps, so you'll be slurping away in no time.

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

AJ

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
lemon	½	1
char siu paste	1 packet (75g)	1 packet (150g)
oyster sauce	1 medium packet	1 large packet
*soy sauce**	2 tbs	¼ cup
*vinegar** *(white wine or rice wine)*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
udon noodles	1 packet	2 packets
beef & pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
beef strips**	1 packet	1 packet (or 2 packets)

***Pantry Items** ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753Cal)	592kJ (141Cal)
Protein (g)	43.9g	8.2g
Fat, total (g)	30.1g	5.7g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	70.2g	13.2g
- sugars (g)	28.9g	5.4g
Sodium (mg)	2971mg	558mg

Custom Recipe

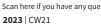| Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (666Cal)	523kJ (125Cal)
Protein (g)	45.9g	8.6g
Fat, total (g)	19.3g	3.6g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	70.2g	13.2g
- sugars (g)	28.9g	5.4g
Sodium (mg)	2964mg	557mg

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.

1

Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Finely chop **garlic**. Roughly chop **spring onion**. Slice **lemon** into wedges.
- In a small bowl, combine **char siu paste**, **oyster sauce**, the **soy sauce**, **vinegar**, a squeeze of **lemon juice** and a dash of **water**. Set aside.

Little cooks: *Take charge by combining the sauces!*

Custom Recipe: If you've upgraded from beef mince to beef strips, discard any liquid from beef strips packaging.

3

Bring it all together

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Drain away excess liquid from the pan.
- Add **garlic**, **ginger paste** and **spring onion** and cook until fragrant, **1-2 minutes**. Add cooked **veggies**, **udon noodles** and **char siu sauce mixture** and simmer until combined, **1-2 minutes**.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan and continue with step.

2

Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until softened, **4-5 minutes**.
- Add **shredded cabbage mix** and cook until softened, **2-3 minutes**. Transfer to a bowl.
- Meanwhile, 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 char siu beef and pork udon noodle stir-fry between bowls.
- Sprinkle with **crushed peanuts**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: *Add the finishing touch by sprinkling over the crushed peanuts!*

Rate your recipe

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