

Quick Korean Beef Stir-Fry Noodles

with Asian Veggies, Fried Egg & Peanuts

Grab your Meal Kit with this symbol



Green Beans



Asian Greens



Carrot



Lemon



Udon Noodles



Beef Mince



Garlic Paste



Korean Stir-Fry Sauce



Crushed Peanuts

 Hands-on: 20-30 mins
Ready in: 20-30 mins

Sometimes you can't go past the classics, like this Korean-style beef stir-fry. It feels like a bibimbap that we all know and love, except with a little twist of swapping rice for udon noodles. Add some colourful veggies, a fried egg and peanuts and it'll start tasting like a takeaway delight, but with the satisfaction of making it yourself!

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Eggs

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 · Small frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	½ bag (50g)	1 bag (100g)
Asian greens	1 packet	1 packet
carrot	1	2
lemon	½	1
udon noodles	1 packet	2 packets
beef mince	1 small packet	1 medium packet
garlic paste	1 packet	1 packet
Korean stir-fry sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
eggs*	2	4
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (686Cal)	454kJ (108Cal)
Protein (g)	52.2g	8.2g
Fat, total (g)	23.5g	3.7g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	59.1g	9.3g
- sugars (g)	16g	2.5g
Sodium (mg)	1980mg	313mg

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 & cook the noodles

- Boil a kettle of water.
- Trim and halve **green beans** (see ingredients). Roughly chop **Asian greens**. Thinly slice **carrot**. Halve **lemon**.
- Place **udon noodles** in a medium heatproof bowl. Add enough boiling water to cover noodles, then set aside until tender, **2-3 minutes**. Stir with a fork to separate. Drain.



Fry the eggs

- While beef and veggies are cooking, heat a small frying pan over a medium-high heat with a drizzle of **olive oil**.
- Crack **eggs** into pan and cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



Cook the beef & veggies

- Heat a large frying pan over a high heat with a drizzle of **olive oil**.
- Cook **beef mince**, **green beans** and **carrot**, breaking mince up with a spoon, until browned and tender, **4-5 minutes**. Add **Asian greens** and **garlic paste** and cook until fragrant, **1-2 minutes**.
- Reduce heat to medium. Add **noodles**, **Korean stir-fry sauce**, **sesame oil**, **soy sauce**, a squeeze of **lemon juice** and a splash of **water** and cook, stirring, until heated through, **1-2 minutes**. Season to taste.



Serve up

- Divide Korean beef stir-fry noodles between bowls.
- Top with fried egg. Sprinkle with **crushed peanuts**. Serve with any remaining lemon wedges.

Enjoy!