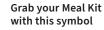
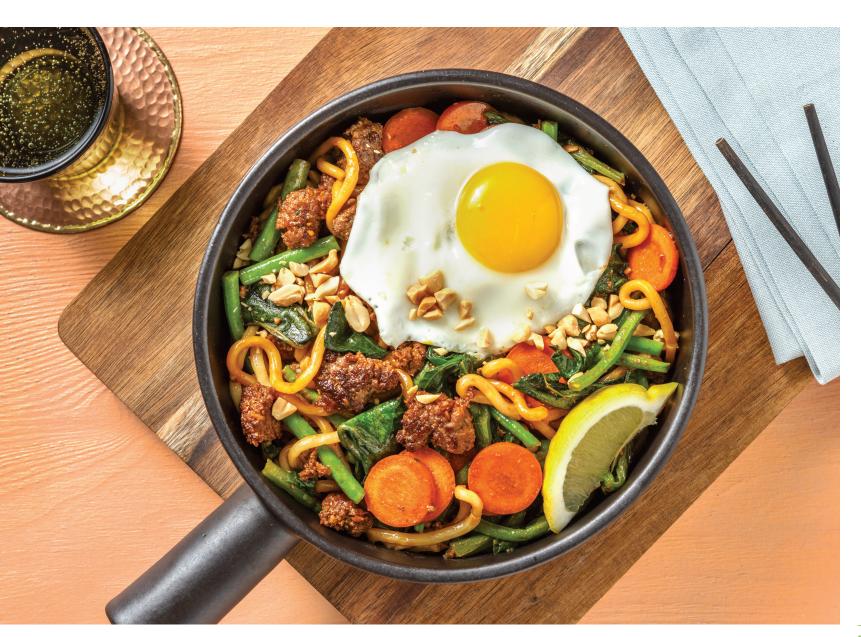


Quick Korean Beef Stir-Fry Noodles with Asian Veggies, Fried Egg & Peanuts









Green Beans





Carrot





Udon Noodles





Garlic Paste



Korean Stir-Fry Sauce



Crushed Peanuts

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

9			
	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	1/2	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

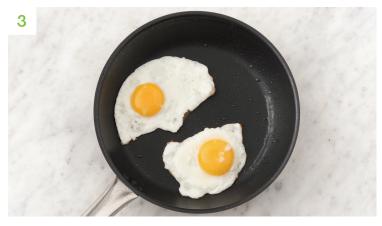
Always read product labels for the most up-to-date allergen information.

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 mediumhigh 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!