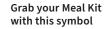
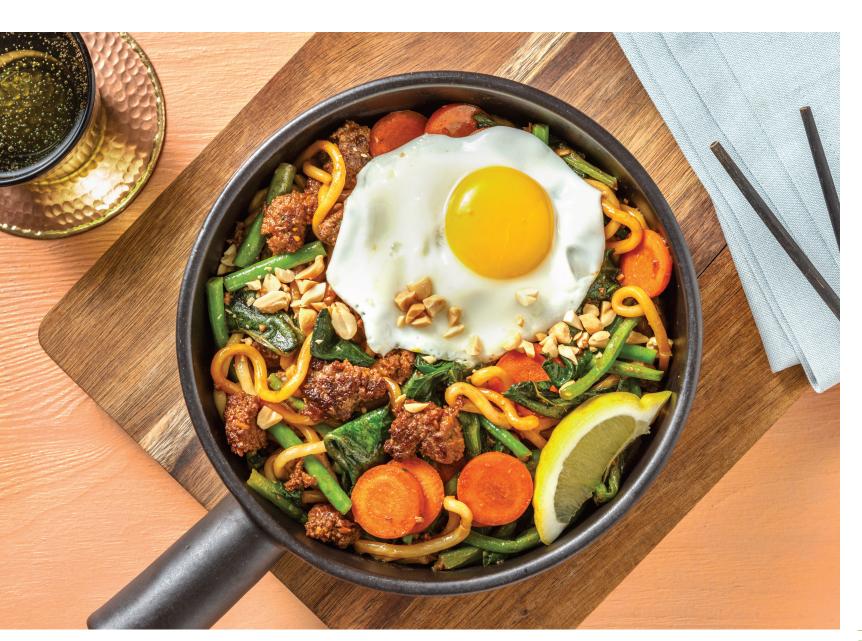


Quick Korean Beef Stir-Fry Noodles with Asian Veggies, Fried Egg & Peanuts











Green Beans



Carrot







Udon Noodles







Garlic Paste



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

Medium saucepan · 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 head	2 heads	
carrot	1	2	
lemon	1/2	1	
udon noodles	1 packet	2 packets	
beef mince	1 packet	1 packet	
cornflour	½ packet	1 packet	
Korean stir-fry sauce	1 medium packet	1 large packet	
garlic paste	1 packet	1 packet	
sesame oil*	1 tsp	2 tsp	
soy sauce*	1 tbs	2 tbs	
eggs*	2	4	
crushed peanuts	1 packet	2 packets	

Nutrition

*Pantry Items

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3342kJ (798Cal)	522kJ (124Cal)
Protein (g)	53.3g	8.3g
Fat, total (g)	30.5g	4.8g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	62.7g	9.8g
- sugars (g)	14.7g	2.3g
Sodium (mg)	1960mg	306mg

The quantities provided above are averages only.

Allergens

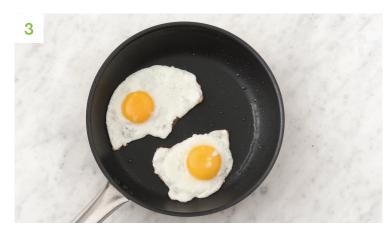
Always read product labels for the most up-to-date allergen information.

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 the kettle.
- Trim and halve green beans (see ingredients). Roughly chop Asian greens.
 Thinly slice carrot. Cut lemon into wedges.
- Half-fill a medium saucepan with boiling water. Cook udon noodles in boiling water over a 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.



Fry the eggs

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

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



Cook the beef & veggies

- In a large frying pan, heat a drizzle of olive oil over a high heat. Cook beef mince, green beans and carrot, breaking the mince up with a spoon, until browned and tender, 4-5 minutes.
- Meanwhile, combine the cornflour (see ingredients), Korean stir-fry sauce and a splash of water in a small bowl. Set aside.
- Add Asian greens and garlic paste to frying pan with beef and cook until fragrant, 1-2 minutes.
- Reduce the heat to medium, then add noodles, the sesame oil, soy sauce, stir-fry sauce mixture and a squeeze of lemon juice and cook, stirring, until heated through, 1-2 minutes. Season to taste.

TIP: Add a splash of water if the noodles are looking a little dry.



Serve up

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

Enjoy!

If you have any questions or concerns, please visit **hellofresh.co.nz/contact**