

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



Cornflour



Korean Stir-Fry Sauce



Garlic Paste



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

Medium saucepan · 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 head	2 heads
carrot	1	2
lemon	½	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

*Pantry Items

Nutrition

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.

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

2021 | CW46



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!