

Sweet Soy Roasted Pumpkin & Udon Noodles

with Stir-Fry Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Sweet Soy Seasoning



Udon Noodles



Carrot



Baby Broccoli



Asian Greens



Garlic



Ginger Paste



Asian Stir-Fry Sauce



Crispy Shallots

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

 Plant Based

 Calorie Smart

Set your timers, this is a quick dish with the flavour of a slow-cooked meal. With tender roasted pumpkin coated in a flavourful seasoning, plus thick udon noodles and stir-fried veggies stirred through a rich sauce, this fragrant bowl is a choice you can't regret!

Pantry items

Olive Oil, Sesame Oil, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
sweet soy seasoning	1 sachet	2 sachets
udon noodles	1 packet	2 packets
carrot	1	2
baby broccoli	1 bag	1 bag
Asian greens	1 bag	2 bags
garlic	3 cloves	6 cloves
ginger paste	1 medium packet	1 large packet
Asian stir-fry sauce	1 medium packet	1 large packet
sesame oil*	drizzle	drizzle
brown sugar*	pinch	pinch
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1859kJ (444Cal)	362kJ (87Cal)
Protein (g)	14.6g	2.8g
Fat, total (g)	7.4g	1.4g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	71.8g	14g
- sugars (g)	26g	5.1g
Sodium (mg)	1942mg	378mg

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



Roast the pumpkin

Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **sweet soy seasoning** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

2



Cook the noodles

While the pumpkin is roasting, 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.

3



Get prepped

Thinly slice **carrot** into half-moons. Halve **baby broccoli** lengthways. Roughly chop **Asian greens**. Finely chop **garlic**.

4



Cook the greens

Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Stir-fry **carrot** and **baby broccoli** until tender, **4-5 minutes**. Add **Asian greens** and cook until just wilted, **1-2 minutes**. Add **ginger paste** and **garlic** and cook until fragrant, **1 minute**. Add cooked **udon noodles**, then toss to combine.

5



Bring it all together

Remove pan from the heat, then stir through **Asian stir-fry sauce**, a drizzle of **sesame oil** and a pinch of **brown sugar**. Add **roasted pumpkin** and toss to combine.

6



Serve up

Divide sweet soy roasted pumpkin and udon noodles between bowls. Garnish with **crispy shallots** to serve.

Enjoy!