



# Thai Coconut Beef & Udon Noodles

with Broccoli & Mint

Grab your Meal Kit with this symbol



Carrot



Broccoli



Capsicum



Makrut Lime Leaves



Lemon



Mint



Udon Noodles



Beef Mince



Mild Thai Red Curry Paste



Coconut Cream

**Hands-on: 25 mins**  
**Ready in: 30 mins**

The star of this sumptuous noodle number is our Thai red curry paste, which has a mild flavour the whole family will love. A perfect balance of easy and tasty, we reckon you'll be losing the Thai takeaway's number once you've tried it.

### Pantry items

Olive Oil, Soy Sauce

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
carrot	1
broccoli	1
capsicum	1
makrut lime leaves	2 leaves
lemon	1
mint	1 bunch
udon noodles	1 packet
beef mince	1 packet
mild Thai red curry paste	1 packet
coconut cream	1 tin (400ml)
soy sauce*	2½ tbs

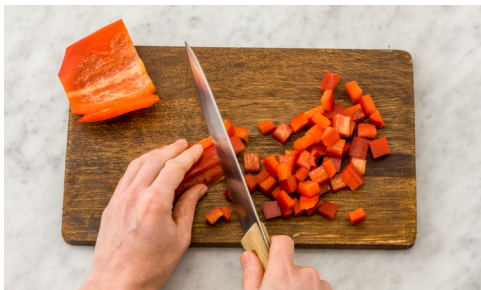
\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3260kJ (778Cal)	683kJ (163Cal)
Protein (g)	38.9g	8.1g
Fat, total (g)	39.7g	8.3g
- saturated (g)	30.0g	6.3g
Carbohydrate (g)	62.0g	13.0g
- sugars (g)	11.0g	2.3g
Sodium (g)	2950mg	618mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



### 1. Get prepped

Bring a medium saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Roughly chop the **capsicum**. Destem the **makrut lime leaves** and very finely chop. Slice the **lemon** into wedges. Pick and thinly slice the **mint leaves**.



### 2. Boil the noodles & broccoli

Add the udon **noodles** to the saucepan of boiling water and cook until nearly tender, **5 minutes**. Add the **broccoli** and cook until just tender, **3 minutes**. Drain and refresh under cold water.



### 3. Cook the beef & veggies

In a large frying pan, heat a **small drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **carrot** and **capsicum** and cook, tossing, until softened, **4-5 minutes**.



### 4. Make the sauce

Add the **makrut lime** and **mild Thai red curry paste** to the frying pan and cook until fragrant, **1 minute**. Add the **coconut cream** and **soy sauce** and stir to combine. Simmer until thickened slightly, **2 minutes**.



### 5. Bring it all together

Add the drained **noodles** and **broccoli** to the frying pan and toss to coat. Cook until warmed through, **2 minutes**.



### 6. Serve up

Divide the Thai beef noodles between bowls and garnish with the mint. Squeeze over the lemon wedges to serve.

**Enjoy!**