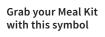


with Capsicum & Coriander

KID FRIENDLY























Udon Noodles



Sweet Soy



Seasoning

Shredded Cabbage



Ginger Paste



Coriander





Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
capsicum	1	2
char siu paste	½ packet (37.5g)	1 packet (75g)
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	½ cup
vinegar* (white wine or rice wine)	drizzle	drizzle
udon noodles	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ginger paste	1 medium packet	1 large packet
coriander	1 bag	1 bag
beef strips**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2904kJ (694Cal)	588kJ (141Cal)
Protein (g)	42g	8.5g
Fat, total (g)	21.1g	4.3g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	73.5g	14.9g
- sugars (g)	35.5g	7.2g
Sodium (mg)	3592mg	728mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	508kJ (121Cal)
Protein (g)	42.1g	8.5g
Fat, total (g)	11.7g	2.4g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	73.5g	14.9g
- sugars (g)	35.5g	7.2g
Sodium (mg)	3590mg	727mg

The quantities provided above are averages only.

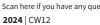
Allergens

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Boil the kettle. Finely chop garlic. Slice capsicum.
- In a small bowl, combine char siu paste (see ingredients), oyster sauce, the soy sauce, vinegar and a dash of water. Set aside.

Little cooks: Take charge by combining the sauces!



Cook the noodles

- 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.



Bring it all together

- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add sweet soy seasoning, shredded cabbage mix, capsicum, garlic and ginger paste and cook until tender and fragrant, 3-4 minutes.
- · Add cooked udon noodles and char siu sauce mixture and cook, tossing, until thickened, 1-2 minutes.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Heat frying pan as above with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan and continue with recipe.



Serve up

- Divide char siu beef udon noodles between bowls.
- Tear over coriander to serve. Enjoy!



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