



# Char Siu Beef Noodle Stir-Fry

with Capsicum & Coriander

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Capsicum



Char Siu Paste



Oyster Sauce



Udon Noodles



Beef Mince



Sweet Soy Seasoning



Shredded Cabbage Mix



Ginger Paste



Coriander



Beef Strips

Prep in: 15-25 mins  
Ready in: 15-25 mins

Time to get saucy tonight with a stir-fry. Not only is this beef udon bowl chock-full of colour, flavour and texture, it comes together in four simple steps, so you'll be slurping away in no time.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	¼ cup
<b>vinegar* (white wine or rice wine)</b>	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](https://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



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## 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!

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## 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.

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## 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.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)