



Sticky Veggie Mince & Udon Noodle Stir-Fry

with Asian Greens & Crushed Peanuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Udon Noodles



Asian Greens



Carrot



Onion



Garlic



Plant-Based Mince



Sweet Soy Seasoning



Asian Stir-Fry Sauce



Crushed Peanuts



Beef Mince

Recipe Update

We've replaced the jasmine rice in this recipe with udon noodles due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

A stir-fry sauce can do no wrong, in fact it's perfection when cooked with veggie mince, creating lovely sticky flavours. There are tons of veggies and tasty udon noodles allowing you to slurp up every last bit. It's too good to miss!

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

Pantry items

Olive Oil, 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
udon noodles	1 packet	2 packets
Asian greens	2	4
carrot	1	2
onion	½	1
garlic	2 cloves	4 cloves
plant-based mince	1 packet	2 packets
sweet soy seasoning	½ sachet	1 sachet
Asian stir-fry sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
crushed peanuts	1 medium packet	2 medium packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3862kJ (923Cal)	631kJ (150Cal)
Protein (g)	39.8g	6.5g
Fat, total (g)	32.8g	5.4g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	108.9g	17.8g
- sugars (g)	24.6g	4g
Sodium (mg)	2354mg	385mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4054kJ (968Cal)	636kJ (152Cal)
Protein (g)	48.4g	7.6g
Fat, total (g)	37g	5.8g
- saturated (g)	15.4g	2.4g
Carbohydrate (g)	102.1g	16g
- sugars (g)	23.4g	3.7g
Sodium (mg)	1660mg	261mg

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



Cook the udon noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over a 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.

2



Get prepped

- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Thinly slice **onion** (see ingredients). Finely chop **garlic**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion** until tender, **4-5 minutes**.
- Add **Asian greens** and cook until just wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

4

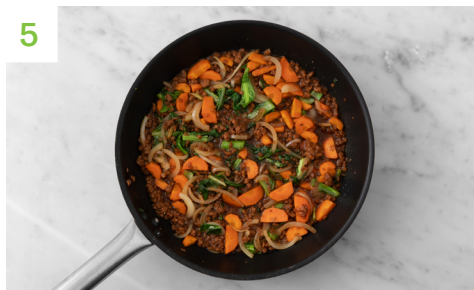


Cook the veggie mince

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **5-6 minutes**.

Custom Recipe: If you've swapped to beef mince, cook, breaking up with a spoon, until just browned, 4-5 minutes.

5



Add the sauce

- Add **sweet soy seasoning** (see ingredients) and **garlic** and cook, stirring until fragrant, **1 minute**.
- Reduce heat to low, then add **cooked veggies, noodles, Asian stir-fry sauce**, the **vinegar** and a splash of **water**. Cook, stirring, until slightly reduced and sticky, **1-2 minutes**.

6



Serve up

- Divide sticky veggie mince and udon noodle stir-fry between bowls.
- Garnish with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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