

with Broccoli & Crushed Peanuts

KID FRIENDLY















Carrot





Lemon



Oyster Sauce



Udon Noodles





Ginger Paste



Crushed Peanuts



Prep in: 15-25 mins Ready in: 25-35 mins

Time to get saucy tonight with a char siu and oyster combo sauce. Not only is this beef and pork noodle meal chock-full of colour, flavour and texture, it comes together in four simple steps, so you'll be slurping away in no time.

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
refer to method	refer to method
1 head	2 heads
1 packet	2 packets
1	2
2 cloves	4 cloves
1/2	1
1 medium packet	1 large packet
1 medium packet	1 large packet
1 tbs	2 tbs
½ tbs	1 tbs
1 packet	2 packets
1 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1 medium packet	2 medium packets
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 head 1 packet 1 2 cloves ½ 1 medium packet 1 tbs ½ tbs 1 packet 1 medium packet 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3328kJ (795Cal)	475kJ (114Cal)
Protein (g)	50.5g	7.2g
Fat, total (g)	30.6g	4.4g
- saturated (g)	9.8g	1.4g
Carbohydrate (g)	69.3g	9.9g
- sugars (g)	28.2g	4g
Sodium (mg)	3031mg	433mg
Dietary Fibre (g)	11g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	480kJ (115Cal)
Protein (g)	52.3g	7.5g
Fat, total (g)	29.2g	4.2g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	69.3g	9.9g
- sugars (g)	28.2g	4g
Sodium (mg)	3025mg	432mg
Dietary fibre	11g	1.6g

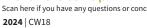
The quantities provided above are averages only.

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

- · Bring a medium saucepan of water to the boil.
- · Cut broccoli into small florets, then roughly chop stalk. Roughly chop Asian greens. Thinly slice carrot into half-moons. Finely chop garlic. Slice lemon into wedges.
- In a small bowl, combine char siu paste, oyster sauce, the soy sauce, vinegar, a squeeze of lemon juice and a dash of water. Set aside.

Little cooks: Take charge by combining the sauces!



Bring it all together

- Return the frying pan to high heat with a drizzle of olive oil. Cook beef & pork mince, breaking up with a spoon, until just browned, 2-3 minutes. Drain away excess **liquid** from the pan.
- Add garlic and ginger paste and cook until fragrant, 1-2 minutes.
- · Add veggies, udon noodles and char siu sauce mixture and simmer until combined, 1-2 minutes.

Custom Recipe: If you've swapped to beef mince, follow step as above.



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **carrot** until softened. **5-6 minutes**.
- Add Asian greens and cook until wilted, 1-2 minutes. Transfer to a plate.
- Meanwhile, add **udon noodles** to the saucepan of boiling water and cook, 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.

TIP: Add a splash of water to the veggies to help speed up the cooking process.



Serve up

- Divide char siu beef and pork udon noodles with veggies between plates.
- Top with **crushed peanuts**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crushed peanuts!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

