



# Quick Char Siu Beef & Pork Noodle Stir-Fry

with Broccoli & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Broccoli



Asian Greens



Carrot



Garlic



Lemon



Char Siu Paste



Oyster Sauce



Udon Noodles



Beef & Pork Mince



Ginger Paste



Crushed Peanuts



Beef Mince

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.

**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
broccoli	1 head	2 heads
Asian greens	1 packet	2 packets
carrot	1	2
garlic	2 cloves	4 cloves
lemon	½	1
char siu paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
udon noodles	1 packet	2 packets
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
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)	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](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

- 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!

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## 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.

2



## 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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

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