# Speedy Sweet Soy Beef Noodle Stir-Fry

with Asian Veggies

EASY KIDS DINNER | 15-MINUTE MEALS

Grab your meal kit with this number **11**

- Egg Noodles
- Asian Greens
- Beef Mince
- Sweet Soy Seasoning
- Garlic Paste
- Korean Stir-Fry Sauce

**Beef Mince**

**Pork Mince**

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

Meet your new weeknight favourite! Juicy beef mince mingles with egg noodles, Asian veg and a luscious sweet soy glaze that hits all the right notes – savoury, sweet and utterly addictive. Quick to cook and big on flavour, this stir-fry turns your kitchen into a sizzling, saucy adventure. Dinner just got an upgrade!

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

***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 |
| egg noodles | 1 packet | 2 packets |
| Asian greens | 2 packets | 4 packets |
| beef mince | 250g | 500g |
| sweet soy seasoning | 1 sachet | 2 sachets |
| garlic paste | 1 medium packet | 1 large packet |
| Korean stir-fry sauce | 1 medium packet | 1 large packet |
| ***water**** | ¼ cup | ½ cup |

****Pantry Items***

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 2810kJ (672Cal) | 614kJ (147Cal) |
| Protein (g) | 39.6g | 8.6g |
| Fat, total (g) | 23.9g | 5.2g |
| - saturated (g) | 8.7g | 1.9g |
| Carbohydrate (g) | 68.5g | 15g |
| - sugars (g) | 14.2g | 3.1g |
| Sodium (mg) | 1950mg | 426mg |
| Dietary Fibre (g) | 8.9g | 1.9g |

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

**2025** | CW51

1

## Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

2

## Cook the greens

- Meanwhile, roughly chop **Asian greens**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **Asian greens** and cook until just wilted, **2-3 minutes**. Transfer to a bowl.

3

## Bring it all together

- Return the frying pan to high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning** and **garlic paste** and cook until fragrant, **1-2 minutes**.
- Return **veggies** to the pan, then add **cooked noodles**, **Korean stir-fry sauce** and the **water**. Cook, tossing, until combined, **2-3 minutes**.

4

## Finish & serve

- Divide sweet soy beef noodle stir-fry between bowls to serve. Enjoy!

**ELEVATE ME:** *If you've added extra ingredients to your recipe, thinly slice fresh chilli and slice lime into wedges. Sprinkle over crispy shallots and chilli. Squeeze over lime juice to serve.*

**CUSTOM OPTIONS**

**BEEF MINCE:**
Follow method above, cooking in batches if necessary.

**PORK MINCE:**
Follow method above.

**SCAN CODE FOR FULL STEPS AND NUTRITION INFO**