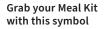


Quick Char Siu Beef Noodle Stir-Fry with Crushed Peanuts













Green Beans





Baby Spinach



Leaves





Oyster Sauce





Beef Mince

Udon Noodles



Crushed Peanuts

Keep an eye out...

Due to recent sourcing challenges, we've replaced Asian greens with baby spinach, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
green beans	1 bag (100g)	1 bag (200g)	
carrot	1	2	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
garlic	2 cloves	4 cloves	
char siu paste	1 packet	1 packet	
oyster sauce	1 packet (45g)	1 packet (100g)	
soy sauce*	1 tbs	2 tbs	
rice wine vinegar*	½ tbs	1 tbs	
sesame oil*	1 tbs	2 tbs	
udon noodles	1 packet	2 packets	
beef mince	1 packet	1 packet	
crushed peanuts	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2809kJ (671Cal)	487kJ (116Cal)
Protein (g)	43.5g	7.5g
Fat, total (g)	20.4g	3.5g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	71.5g	12.4g
- sugars (g)	30.2g	5.2g
Sodium (mg)	2576mg	446mg

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.



Get prepped

- Bring a medium saucepan of water to the boil.
- Trim and halve green beans. Thinly slice carrot into half-moons. Roughly chop baby spinach leaves. Finely chop garlic.
- In a small bowl, combine char siu paste, oyster sauce, soy sauce, rice wine vinegar, sesame oil and a dash of water. Set aside.



Cook the beef & bring it all together

- Return frying pan to a high heat with a drizzle of olive oil. When oil is hot, cook beef mince, breaking it up with a spoon, until just browned,
 2-3 minutes.
- Add garlic and cook until fragrant, 1-2 minutes. Add veggies, udon noodles and char siu mixture to the beef and cook, simmering, 1-2 minutes.
 Season.



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Stir-fry green beans and carrot until softened, 4-5 minutes.
- Add **baby spinach** and cook until wilted, **1-2 minutes**. Transfer to a plate.
- Meanwhile, cook udon noodles in boiling water, stirring occasionally with a fork to separate, until softened, 2 minutes. Drain and refresh under cold water.

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



Serve up

- Divide char siu beef noodle stir-fry between plates.
- · Top with crushed peanuts to serve.

Enjoy!