



Quick Beef Katsu Curry Noodles

with Asian Greens & Crispy Shallots

NOODLE DAY

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Egg Noodles



Beef Mince



Garlic Paste



Katsu Paste



Coconut Milk



Crispy Shallots



Beef Mince

Prep in: 10-20 mins
Ready in: 15-25 mins

Did somebody say noodle day? This katsu curry is brimming with a colourful array of veggies that deserve some recognition - carrot (the kitchen staple), green beans (our fave green friends) and Asian greens (the best leafy veggie on the market). Combine them together with some noodles and beef mince and you've got yourself a dinner winner!

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
soy sauce*	1½ tbs	3 tbs
egg noodles	1 packet	2 packets
beef mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (728Cal)	536kJ (128Cal)
Protein (g)	41.5g	7.3g
Fat, total (g)	35.6g	6.3g
- saturated (g)	22.1g	3.9g
Carbohydrate (g)	67.8g	11.9g
- sugars (g)	12g	2.1g
Sodium (mg)	2226mg	392mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4139kJ (989Cal)	639kJ (153Cal)
Protein (g)	69.2g	10.7g
Fat, total (g)	53.2g	8.2g
- saturated (g)	28.4g	4.4g
Carbohydrate (g)	66g	10.2g
- sugars (g)	9.3g	1.4g
Sodium (mg)	2299mg	355mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Cook the veggies

- Boil the kettle.
- Cut **carrot** into half-moons. Trim and halve **green beans**. Roughly chop **Asian greens**.
- Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, tossing, until tender and slightly charred, **4-5 minutes**.
- Add **Asian greens** and the **soy sauce** and cook until wilted, **1-2 minutes**. Transfer to a bowl.

3



Make the sauce

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium. Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **katsu paste**, **coconut milk** and the **brown sugar**. Stir to combine, and cook until slightly reduced, **1-2 minutes**.
- Add **veggies** and **noodles**. Toss to combine and season to taste.

TIP: For best results, drain the oil from the pan before adding the garlic paste.

Custom Recipe: If you've doubled your beef mince, cook in batches to get the best results. Return all beef mince to the pan and continue as above.

2



Cook the noodles

- 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.

4



Serve up

- Divide beef katsu curry noodles with veggies between bowls. Top with **crispy shallots** to serve. Enjoy!

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