

Quick Char Siu Beef Noodle Stir-Fry with Mixed Veggies & Spring Onion

NEW

KID FRIENDLY



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Egg Noodles



Spring Onion











Beef Mince

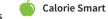




Baby Spinach Leaves



Prep in: 10-20 mins Ready in: 20-30 mins



A noodle stir-fry is the tastiest and homiest dinner that not only is quick and easy but also brimming with flavour. This one is no different, loaded with our favourite veggies and char siu beef. Have your chopsticks at the ready, because this one will be slurped down as soon as it is plated up!



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
egg noodles	1 medium packet	2 medium packets	
spring onion	1 stem	2 stems	
char siu paste	1 medium packet	2 medium packets	
soy sauce*	1½ tbs	3 tbs	
vinegar* (white wine or rice wine)	1 tsp	2 tsp	
water*	⅓ cup	⅔ cup	
carrot & zucchini mix	1 medium packet	1 large packet	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
sweet soy seasoning	1 medium sachet	2 medium sachets	
baby spinach leaves	1 small packet	1 medium packet	
pork 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)	2682kJ (641Cal)	605kJ (145Cal)
Protein (g)	38.8g	8.8g
Fat, total (g)	19.2g	4.3g
- saturated (g)	6.5g	1.5g
Carbohydrate (g)	76.7g	17.3g
- sugars (g)	22.6g	5.1g
Sodium (mg)	2332mg	526mg
Dietary Fibre (g)	11.5g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	599kJ (143Cal)
Protein (g)	35.3g	8g
Fat, total (g)	20.2g	4.6g
- saturated (g)	6.1g	1.4g
Carbohydrate (g)	76.7g	17.3g
- sugars (g)	22.6g	5.1g
Sodium (mg)	2331mg	526mg
Dietary Fibre	11.5g	2.6g

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





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.



Get prepped & cook the veggies

- Meanwhile, thinly slice spring onion.
- In a small bowl, combine **char siu paste**, the **soy sauce**, **vinegar** and **water**.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot & zucchini mix, stirring, until tender, 4-5 minutes. Transfer to a bowl.



Make the noodle stir-fry

- Return 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 cook until fragrant, 1 minute.
- Add cooked noodles, veggies, baby spinach leaves and char siu mixture, tossing, until well combined, 1 minute. Season with pepper.

Custom Recipe: If you've swapped to pork mince, cook pork in the same way as above.



Serve up

- Divide char siu beef noodle stir-fry between bowls.
- Top with spring onion. Enjoy!

Custom Recipe: Divide char siu pork noodle stir-fry between bowls.

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