



# Quick Char Siu Beef Noodle Stir-Fry

with Mixed Veggies & Spring Onion

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Egg Noodles



Spring Onion



Char Siu Paste



Carrot & Zucchini Mix



Beef Mince



Sweet Soy Seasoning



Baby Spinach Leaves



Pork Mince

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

Calorie Smart

Eat Me First

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!

**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
egg noodles	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
char siu paste	1 medium packet	2 medium packets
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>vinegar* (white wine or rice wine)</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	¾ 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 (g)	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](https://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.



## 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.



## 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.



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)