



Easy Umami Beef Udon Noodle Stir-Fry

with Veggies & Sesame Seeds

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Udon Noodles



Carrot



Garlic



Beef Strips



Sweet Soy Seasoning



Trimmed Green Beans



Baby Spinach Leaves



Umami Paste



Sweet Chilli Sauce



Sesame Seeds



Beef Strips



Peeled Prawns

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



Protein Rich



Calorie Smart

You won't miss an ounce of flavour when you toss everything into one pan. It's a guarantee to taste all the goodies in this bowl in one bite, with a bunch of udon noodles to tangle up the veggies and beef strips. Grab a fork, you don't want to miss out.

Pantry items

Olive Oil, Soy Sauce

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
udon noodles	1 packet	2 packets
carrot	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
trimmed green beans	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
umami paste	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
boiling water*	½ cup	¾ cup
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (595Cal)	517kJ (124Cal)
Protein (g)	45.2g	9.4g
Fat, total (g)	19.3g	4g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	55g	11.4g
- sugars (g)	16.5g	3.4g
Sodium (mg)	1665mg	346mg
Dietary Fibre (g)	14.8g	3.3g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.



Make the stir-fry

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**. Cook **trimmed green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, add **garlic** and cook until fragrant, **1 minute**.
- Stir in **cooked noodles**, **baby spinach leaves**, **beef strips**, **umami paste**, **sweet chilli sauce**, the **soy sauce** and **boiling water** (½ cup for 2 people / ¾ cup for 4 people), until combined, **1 minute**. Season to taste.



Get prepped & cook the beef

- Meanwhile, thinly slice **carrot** into sticks. Finely chop **garlic**.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, tossing, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over high heat helps it stay tender.



Serve up

- Divide umami beef udon noodle stir-fry between bowls.
- Sprinkle over **sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

