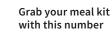


Easy Umami Beef Udon Noodle Stir-Fry with Veggies & Sesame Seeds

NEW

KID FRIENDLY















Beef Strips



Sweet Soy Seasoning



Trimmed Green

Beans



Baby Spinach Leaves





Sweet Chilli Sauce



Sesame Seeds

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

Calorie Smart





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*	⅓ cup	⅔ 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 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.



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.



Make the stir-fru

- 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 (1/3 cup for 2 people / 3 cup for 4 people), until combined, **1 minute**. Season to taste.



Serve up

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

