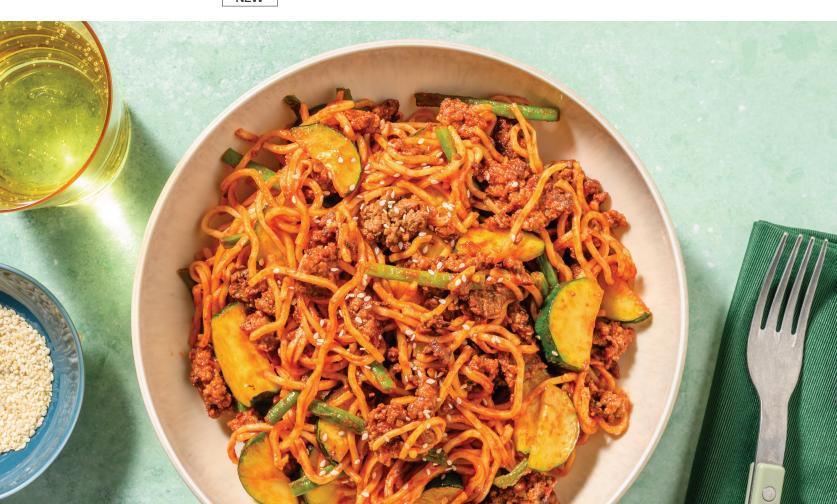
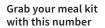


# Quick Gochujang Spiced Beef Noodles with Green Beans & Sesame Seeds

NEW











Egg Noodles





Gochujang

Soy Sauce



Trimmed Green Beans





Sweet Soy Seasoning

Sesame Seeds





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



#### 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
egg noodles	1 packet	2 packets
zucchini	1	2
gochujang	2 packets	4 packets
soy sauce mix	1 packet	2 packets
water*	⅓ cup	¾ cup
trimmed green beans	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sesame seeds	1 medium sachet	1 large sachet
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (626cal)	626kJ (141cal)
Protein (g)	106.4g	23.9g
Fat, total (g)	23g	5.2g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	73.3g	16.5g
- sugars (g)	18.9g	4.2g
Sodium (mg)	2383mg	535.5mg
Dietary Fibre (g)	10.8g	2.4g

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 egg 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

- Meanwhile, thinly slice **zucchini** into half-moons.
- In a small bowl, combine **gochujang**, **soy sauce mix** and the **water**.



# Cook the beef & bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **trimmed green beans**, tossing, until just tender, **2-3 minutes**.
- Add beef mince and sweet soy seasoning and cook, breaking up with a spoon, until browned, 3-4 minutes.
- Add cooked egg noodles and gochujang mixture, tossing until well combined, 1 minute. Season with pepper.



#### Serve up

- Divide gochujang spiced beef noodles between bowls.
- · Garnish with sesame seeds to serve. Enjoy!



SWAP TO CHICKEN BREAST
Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



Follow method above, cooking in batches if necessary.

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

