



Quick Beef Katsu Curry Noodles

with Veggies & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Egg Noodles



Coconut Milk



Crispy Shallots



Beef Mince



Garlic Paste



Katsu Paste



Plant-Based Mince

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

Did somebody say noodle night? This katsu curry is brimming with a colourful array of veggies that deserve some recognition - carrot (the kitchen staple), green beans (our fave green friends) and Asian greens (the best leafy veggie on the market). Combine them together with some noodles and beef mince and you've got yourself a dinner winner!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
soy sauce*	2 tbs	¼ cup
egg noodles	1 medium packet	2 medium packets
beef mince	1 small packet	1 medium packet
garlic paste	1 medium packet	2 medium packets
katsu paste	1 medium packet	1 large packet
butter*	20g	40g
coconut milk	1 medium tin	2 medium tins
brown sugar*	pinch	pinch
crispy shallots	1 medium packet	1 large packet
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3225kJ (771Cal)	563kJ (135Cal)
Protein (g)	40.8g	7.1g
Fat, total (g)	52.7g	9.2g
- saturated (g)	31g	5.4g
Carbohydrate (g)	70.3g	12.3g
- sugars (g)	13g	2.3g
Sodium (mg)	2330mg	407mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (749Cal)	572kJ (137Cal)
Protein (g)	29.2g	5.3g
Fat, total (g)	52.1g	9.5g
- saturated (g)	28.3g	5.2g
Carbohydrate (g)	75.8g	13.8g
- sugars (g)	14.1g	2.6g
Sodium (mg)	2853mg	521mg

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

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Cook veggies

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Trim and halve **green beans**. Roughly chop **Asian greens**.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, until tender and slightly charred, **4-5 minutes**.
- Add **Asian greens** and the **soy sauce** and cook until wilted, **1-2 minutes**. Transfer to a bowl.



Make sauce

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium. Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **katsu paste**, the **butter**, **coconut milk** and a pinch of **brown sugar**. Stir to combine, and cook until slightly reduced, **1-2 minutes**.
- Add **veggies** and **noodles**. Toss to combine.

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



Cook noodles

- 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.



Serve up

- Divide beef katsu curry noodles with veggies between bowls.
- Top with **crispy shallots** to serve. Enjoy!

Rate your recipe

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