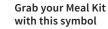


Quick Beef Katsu Curry Noodles with Veggies & Crispy Shallots

KID FRIENDLY













Egg Noodles

Green Beans

Asian Greens





Crispy Shallots

Coconut Milk







Katsu Paste





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!

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

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	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	1/4 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) Custom Recipe	2330mg	407mg
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (749Cal)	572kJ (137Cal)

Per Serving	Per 100g
3133kJ (749Cal)	572kJ (137Cal)
29.2g	5.3g
52.1g	9.5g
28.3g	5.2g
75.8g	13.8g
14.1g	2.6g
2853mg	521mg
	3133kJ (749Cal) 29.2g 52.1g 28.3g 75.8g 14.1g

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 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.



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.



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.



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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