



# ASIAN MINCED BEEF & CRUNCHY VEG SOBA NOODLE BOWL

with Roasted Peanuts



Cook with soba noodles



Mint



Beef Mince



Soba Noodles



Cucumber



Spring Onion



Garlic



Carrot



Oyster Sauce



Shredded Red Cabbage



Roasted Peanuts

Hands-on: **20** mins  
Ready in: **30** mins

This zesty bowl packed with crunch and colour is sure to put a spring in your step. Cutting up the veggies into fine, small pieces is the trick here, so don't be afraid to bust out the grater if you'd prefer that to chopping.

**Pantry Staples:** Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar), Sesame Oil (Optional)

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, garlic crusher, box grater, colander, large bowl, small bowl, large frying pan, wooden spoon** and a **plate**.



### 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel and crush the **garlic**. Slice the **carrot** (unpeeled) into matchsticks.

**TIP:** Feel free to grate the carrot if you would prefer. Finely slice the **spring onion** (keep the white and green parts separate). Chop the **cucumber** into 1 cm chunks. Pick the **mint** leaves.



### 2 COOK THE SOBA NOODLES

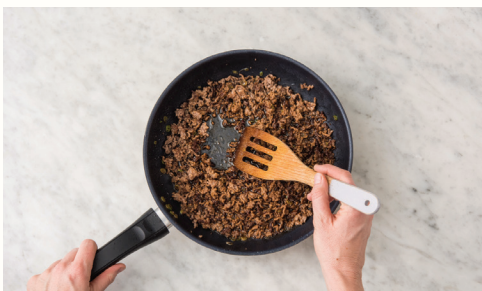
Add the **soba noodles (use suggested amount)** to the saucepan of boiling water and cook for **4 minutes**, or until 'al dente'. Drain and refresh under cold water.

**TIP:** Refreshing the noodles under cold water stops the cooking process and prevents them from becoming *gluggy*. Set aside in a large bowl to cool.



### 3 MAKE THE SAUCE

While the soba noodles are cooling, combine the **oyster sauce, 1/2 the soy sauce, 1/2 the rice wine vinegar** and **1/2 the sesame oil** (if using) in a small bowl.



### 4 COOK THE BEEF

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **beef mince** to the pan and break up with a spoon. Cook, stirring regularly, for **4-5 minutes**, or until browned. Remove from the pan and set aside on a plate. Return the pan to a medium-high heat and add the **oyster sauce mixture, garlic** and **spring onion (the white parts)** to the pan and cook for **1-2 minutes**, or until the sauce has slightly reduced and the onions are tender. Return the beef to the pan and cook for a further **1-2 minutes**, or until well coated.



### 5 MAKE THE SALAD

Add the **carrot, spring onion (green parts), cucumber, mint** (reserve some leaves for the garnish) and **shredded red cabbage** to the bowl with the soba noodles. Add the **remaining soy sauce, rice wine vinegar** and **sesame oil** to the bowl and toss to coat.



### 6 SERVE UP

Divide the soba noodle salad between bowls. Top with the Asian minced beef, **roasted peanuts** and remaining mint.

**ENJOY!**

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
spring onion	1 bunch	1 bunch
cucumber	1	2
mint	1 bunch	1 bunch
soba noodles (use suggested amount)	½ packet (180 g)	1½ packets (360 g)
oyster sauce	1 tub (2 tbs)	1 tub (4 tbs)
soy sauce*	2 tbs	4 tbs
rice wine vinegar* (or white wine vinegar)	2 tbs	4 tbs
sesame oil* (optional)	1 tbs	2 tbs
beef mince	1 packet	1 packet
shredded red cabbage	1 bag	2 bags
roasted peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3610kJ (863Cal)	622kJ (149Cal)
Protein (g)	51.0g	8.8g
Fat, total (g)	33.7g	5.8g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	83.0g	14.3g
- sugars (g)	15.0g	2.6g
Sodium (g)	3050mg	525mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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