

# Miso Beef Noodles

with Mushrooms, Pak Choi and Sesame Seeds

**Rapid** 20 Minutes • 1 of your 5 a day



Egg Noodle Nest



Beef Mince



Sliced Mushrooms



Garlic Clove



Pak Choi



Soy Sauce



Miso Paste



Ketjap Manis



Roasted White Sesame Seeds

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, sieve, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest <b>8</b> <b>13</b> )	2 nests	3 nests	4 nests
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	120g	200g	240g
Garlic Clove**	1	2	2
Pak Choi**	1	1½	2
Soy Sauce <b>11</b> <b>13</b> )	25ml	40ml	50ml
Miso Paste <b>11</b> )	15g	22g	30g
Ketjap Manis <b>11</b> )	50g	75g	100g
Roasted White Sesame Seeds <b>3</b> )	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2640 /631	734 /175
Fat (g)	22.9	6.4
Sat. Fat (g)	9.0	2.5
Carbohydrate (g)	68.0	18.9
Sugars (g)	17.7	4.9
Protein (g)	39.8	11.1
Salt (g)	5.78	1.61

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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## Cook the Noodles

**a)** Boil a full kettle, then pour the **boiled water** into a medium saucepan with  $\frac{1}{4}$  **tsp salt** and bring to a boil.

**b)** When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.

**c)** Once cooked, drain in a sieve and run under **cold water** to stop them sticking together. Set aside.



## Bring on the Veg

**a)** Add the **pak choi** to the **beef** pan and fry until tender, 3-4 mins.

**b)** Lower the heat to medium, then add the **garlic** and fry for 30 secs more.

**c)** Stir in the **soy sauce**, **miso paste**, **ketjap manis** and **water for the sauce** (see pantry for amount). Simmer until the **sauce** has thickened slightly, 3-4 mins.



## Fry the Mince

**a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

**b)** Once hot, add the **beef mince** and **sliced mushrooms**. Fry until browned, 5-6 mins.

**c)** Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



## Combine and Stir

**a)** Add the **cooked noodles** to the **miso beef** and toss until well coated in the **sauce**. Simmer until everything's piping hot, 1-2 mins.

**b)** Taste and season with **salt** and **pepper** if needed.



## Prep Time

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Trim the **pak choi**, then thinly slice widthways.



## Serve Up

**a)** Share your **miso beef noodles** between your bowls.

**b)** Sprinkle over the **roasted sesame seeds** to finish.

## Enjoy!