



Yaki Style Beef Udon Noodles

with Pak Choi, Mushrooms and Crispy Onions

Calorie Smart 20-25 Minutes • 1 of your 5 a day • Under 650 Calories

27



Beef Mince



Sliced Mushrooms



Garlic Clove



Pak Choi



Ketjap Manis



Soy Sauce



Rice Vinegar



Worcester Sauce



Honey



Udon Noodles



Crispy Onions

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!

Wash your hands before and after prep.

Cooking tools

Frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Pak Choi**	1	2	2
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml
Rice Vinegar	15ml	22ml	30ml
Worcester Sauce 13)	15g	30g	30g
Honey	15g	22g	30g
Udon Noodles 13)	220g	330g	440g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2367 /566	562 /134
Fat (g)	23.6	5.6
Sat. Fat (g)	10.1	2.4
Carbohydrate (g)	54.5	12.9
Sugars (g)	19.8	4.7
Protein (g)	36.1	8.6
Salt (g)	3.42	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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, cereals containing 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Fry Time

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
 - Once hot, fry the **beef mince** and **sliced mushrooms** until the **mince** has browned and the **mushrooms** have softened, 5-6 mins.
 - Use a spoon to break up the **mince** as it cooks.
- IMPORTANT:** Wash your hands and equipment after handling raw mince.



Sauce Things Up

- Stir in the **ketjap manis**, **soy sauce**, **rice vinegar**, **Worcester sauce** and **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Simmer until thickened slightly, 4-5 mins.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **pak choi**, then separate the leaves.



Bring on the Udon

- Add the **udon noodles** to the pan. Toss to coat and simmer until piping hot, 1-2 mins.
- Add a splash of **water** if the **sauce** looks a little too thick.



Add the Veg

- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Add the **pak choi** to the pan and stir-fry until just soft, 2-3 mins.
- Stir in the **garlic** and cook for 1 min more.



Serve Up

- Share your **yaki style udon noodles** between your serving bowls.
- Sprinkle over the **crispy onions** to finish.

Enjoy!